



**BIMAASHKAN
OWI**

BESHIGENDAMAN

**E'GIKONOMAAGED
NAAGIZOWAABMJIGAN**

NANDOWENJIGAN

Owi nendowenjigaadeg maanda waabmdowewin aawon awii miinigaaziwaad ekinomaagejig gewe ana-yaawaad 7-11 newen nikaaziwinan awii naadimaagaaziwaad nisastamiwaad newen neniizaanagikin owi miishkoons nikaazang owi ado inendamowiniwaa awii mina yaamigag, miinwaa epiichi gagaandinigaaziwaad awii bamishkamowaad danikimigiziwinan gnimaa age naadmaagwaad awii mimaanji mina izhayaawaad. Owi ntam eyaawong owi zhichigewin gikonomaagaaziwod waajii-ejig newen madookdaagewinan owi miishkoons owi ado wiinindib miinwaa inendamowin mina yaawin, miinwaa owi ekwa niizhing eyaawong miinigaaziwod eshkiniigijig bkaan dnowaa danakimigiziwinan maagwemigag naasaab dnowaa aabon eshchigemigag zhiwe wiinindib dash

woshme mina bimaadizing nikiiyaa.

Owi gagaandinigaadeg wiiiji-eng newen wiikijiwindowaa zhichigewinan dookinang owi wiikwiitowin wiiyaw dinakimigiziwin, madowechigeng, miinwaa mazinibiigeng, owi nankiiyin nandowendaan awii biskaakineseg owi bashigendamang owi dinakimigis woshme mena doodaagemigag owi maziwe wiiyaw mina yaawin. Maanda mazinigan ndowendaagwod awii miinigowin newen makowaabmjiginan miinwaa nikaaziwinan awii bamibidetowin giin gdo Baminaashkaman Beshigendaman nankiiyin miinwaa giikinaman nisidwaabmjigaadeg newen mina bimaadiziwin niizaanziwinan e'nowendaagwod owi miishkoons nikaazang, memdage gwa inendamowin mina yaawin.



WIKIJIWINDOWAA ESHKINIIGIJIG

Owi ani nankiing newen eni ashi dikokiing, gdaa zhiiton giin gdo Baminaashkaman Beshigendaman nankiiyin awii miigwewin debwewin ayaawong gikendamowin, niigaaniwidowin naanaagidowendamang dinakimigiziwinan, miinwaa obinimowendamowaad eshkiniigijig awii baminaashkamiwaad beshigendamowaad, bwaa nikaazang miishkoons.

Niibna tenoon newen enji giizhendamowaad eshkiniigijig awii nikaaziwaad miishkoons: awii bekaaji-zhayaang, awii naazhinamiwaad godogitowendamowin miinwaa zinagendamowin, awii minendaagoziwaad, awii nda gikendamowad, awii digoyaawaad wiijiikiwenwin, maage goweta gego oshkiwii awii gajitowaad. Aanin eshkiniigijig gnimaa adaa waabmdaanaa-aa miishkoons aawong akiing abi onjibaamigag miinwaa nendamooq waankiiwong.

Tenoon nowonj nikiyaa awaazhi wiikijiwindowaad gewe eshkiniigijig awii gagaandinigaadeg nisaakosing miinwaa mina ginondiwin: Weweni bizindamang (gagwedwen nowonj agezhi nakwetamang gagwedwewinan, mina inendan, gagaandinan dinaangidoniwin)

- > Azhaan owi gagwek nikiyaa inendaman (osidizan zhiwe ayaawaad)
- > Nisidotaagozin newen ado gagwedwewinan miinwaa eikidowaad
- > Mazhisha dibaajiman owi nenda gashikitowin miinwaa wiindamo noondoodwaa
- > Bizaanendan, bekaaji-zhayaan miinwaa miigwen nisastamiwin miinwaa azhiwenjigewin

Woshme gego awii gikendam newen gajitowinan owi ginoonigaaziwaad eshkiniigijig owi miishkoons, ginowaabmdan [Talking with teenagers about drugs](#) miinwaa [Talking with your kids about cannabis](#)

INAAKININAMAN OWI BIMAAZHKAN BESHIGENDAMAN NANKIIYIN

Bakesijigan owi Bimaashkaman Beshigendamowin Nankiiyin

Megwaach Enjitaamigag: 30-45 dibagaans

Biindigedibaaajimowin	5 dibagaans
Gikendan newen debwewinan owi miishkoons miinwaa owi wiinindib	7 dibagaans
Nankiin newen dinakimigiziwin beshigendaman	2 dibagaans
Ekwaasemigag miinwaa gagwedwewinan	10 dibagaans

Aanin temigadoon awaa naanaagadowendam...

- > **Aapiish ngoji:** Gajitoo awii mikaman ngoji genji gashikitowin awii sweyaa-eg miinwaa bimamaajiyeg dibishko gonaa enji daminong maage enji minendaagozing. Giizhpin endaayin onji gikendaasiyin,

gagaanzam gewe eshkiniigijig awii mikamiwaad zhiwe endaawaad agenji bimamaajiiwaad.

- > **Minik Onjitaamigag:** gdo nankiiyin adaa onjitaamigad megwaach 30 apiinish 45 dibagaans.
- > **Waasamowin nikaaziwinan nendowendaagwog:** aga minezin mazinaatesijigan waanji mazinaatesing maage gichi waasamo biiwaabik enji mazinaatesing owi yaaman maziwe kiing mazinaakizigan wiindamaagewin owi onji 360° Wiinindib gikinomaageng nikaaziwin miinwaa newen gajichigewin dinakimigiziwinan ezhibiigaadeg. Aanin ekinomaagaazijig gnimaa adaa dowendaanaa-aa awii "mazinigengh" nankiiwin, aga minezinan age mazinaatebiigeseg biiwaabikoons bemiwijigaadeg temigagmaziwe kiing mazinaakiziganing mesendamang awii giizhiitaang owi nankiiwin.

360° WIININDIB GIKINOMAAGENG NIKAAZIWIN

Newen ginaagimiseg aaboon zhiwe miishkoonsing madookidaagemigad owi naasaab bembidegin zhiwe wiinindib e'digosing zhiwe wiinindib maajiiging. Owi nikiiyaa Biminaashkan Beshigendaman zhichigewin, waajii-ejig **gikendaanaa-aan newen debwewinan** owi nikiiyaa **miishkoons ezhi madookidaagemigag bebezhiig etemigag zhiwe wiinindib**, miinwaa gnimaa adaa zhichigemigad gichi gnesh minik.

Owi maanda wenpash waasamo asabi bimibidechigan, waajii-ejig ada gashkitonaa-aa awii ginowaabmdamiwaad nowonj etemigag zhiwe wiinindib miinwaa gikendamowaad eshichigemigag miinwaa owi bitaakshkaagewin miishkoons age dodemigagiba newen bebezhiig etemigag. Gichi piitendaagwod awii gagaanjiitaagewin owi wewiiba miishkoons nikaazang adaa gichi michaamigad owi endodaagemigag owi eshkiniiigijig wiinindibiwaan, zaam owi wiinindib aya-aabi maajiigin apiinish niishtana shi naanon piitizing. Eshkiniiigijig memdage niizaaniziwog newen modookidaagewina owi miishkoons owi wiinindib maajiiging miinwaa nankiiwin.

Ndo giikimaanaanig gikinomaagejig awii nisidiwendamowaad owi waasamo biwabikoong mazina-igan jibwaa nankiiyin. Zhiwe owi nankiiyin, ekinomaagejig ada naagizowaabmdaan newen etemigag owi wiinindib medookidaagemigag naagidowendamang, inaaknigeng miinwaa giizhendamang. Epiichi owi nankiiwin ekinomaagejig ada dazhindaanaa-aan newen niwin bakesijiganan zhiwe "Naanaagidowendamang miinwaa Inaakinigengh."

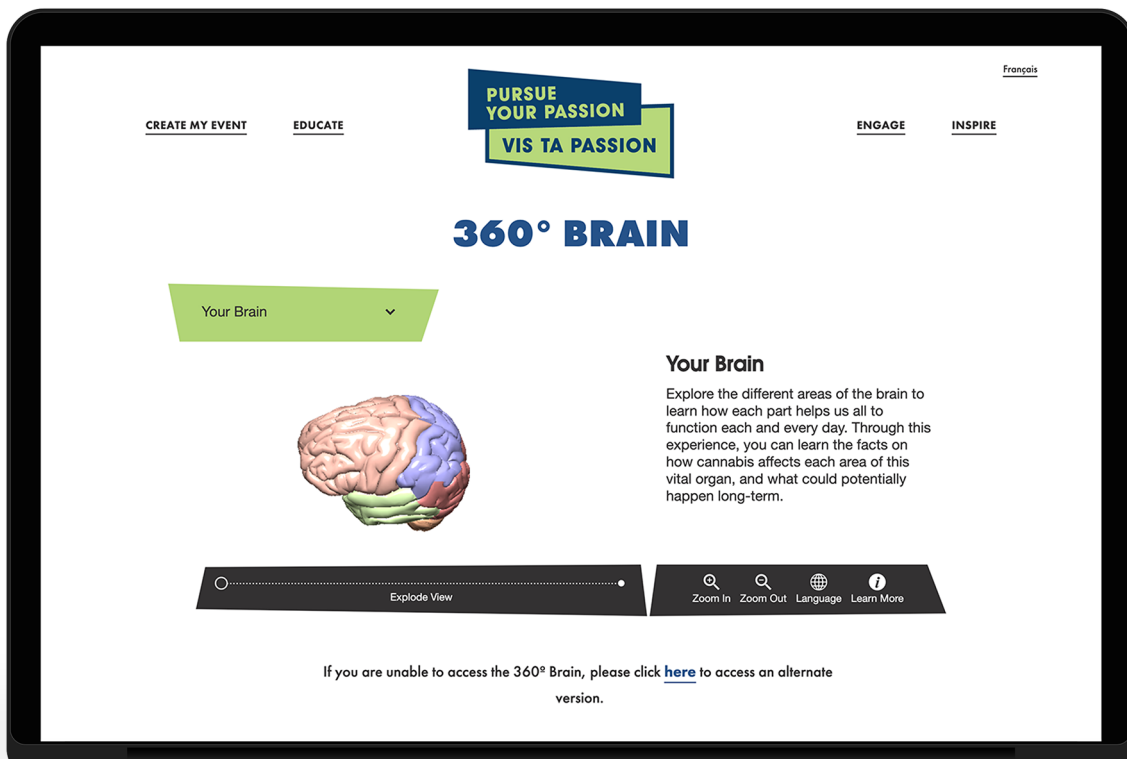
Makowaajitaagoziwin owi woshme awii nishing ayaamiwin

Zhisodoon owi mazinaatesijigan owi onji niibna bemaadzijig aji ginowaabmdamiwaad owi 360° wiinindib naasaab apii.



Aanke Nikaaziwinan:

Owi zhibiigan owi moshkin miishkoons nikaaziwinan, gnowaabmdan [Dibaachigaadeg owi miishkoons](#).







BIMAASHKAN OWI

BESHIGENDAMAN

BAMINAASHKAN BEZHIGENDAMAN GIKINOMAAGENG GIKINWAABMJIGAN

Jibwaa maajitaawin aga bigosenimigwo awii gagwekwekwendaman ayaaman ninda eni zhibiigaadeg giizhaa zhisidowin

Ekinomaaged Zhibiiganan Dibaajimowin

E'gikinomaaged Giigidowin Naagaaniimigag	
E'gikinomaaged Zhinomaagewinan	

- Newen Baminaashkaman Bezhighendaman mazinaatesijigaansag giishishinog miinwaa naagiziwog gikinomaagaazijig awii waabimaawaad
- E'gikinomaagaazijig adaa ayaanaa-aa misendamowaad waasamo mazinaatewibii` igeseg maage bebaamiwijigaadeg waasamo mazinaatewibii` igeseg onji gagwejiitoong zhichigewinan dinakimigiziwanan(Niish dibagaans minik dinakimigizing) miinwaa owi [360° Wiinindib Gikinomaagewin Nikaaziwin](#)
- Temigag deminig debetayaag gewe ekinomaagaazijig awii bimaajiiwaad (niish dibagaans dinakimigizing)
- Ayaaman epiichaag dibagaans

MAZINAATESIJIGAANSAG 1



Agii gikendaan ana gewe Eshkiniigijig miinwaa oshki netaawigijig e'nikaaziwaad miizhkoons, memdage gwa miizhkoons temigag THC, woshme nendaagoziwog awii yaamiwaad inendamowin mina yaawin zinagiziwanan?

Maanda onji zhiwebad zaam miizhkoons adaa nashkwechigemigad owi mina yaawin wiinindib maajiging apiinish niishtana shi aabata piitizing.

Eshkiniigijig miinwaa oshki netaawigijig e'nikaaziwaad miizhkoons woshme dinendaagoziwog awii ayaamiwaad gnesh ayaawong inendamowin mina yaawin zinagiziwanan e'digosing miizhkoons penimaajigaadeg maage miizhkoons nikaazan ayaamang giywaajibidemigag, zinagendamong, maanaadendamang, miinwaa age gnimaa giwinaadendamowin gewe giizhaa eyaamiwaad inodewiziwin inendamowin aakoziwin.



Canada



MAZINAATESIJIGAANSAG 2



Wegnesh owi Bimaashkan owi Beshigendaman? Ozhichigewin aawon myaajitaachigaademigag owi Mina Bimaadiziwin Gaanada awii gikinomaagowin owi niizaanziwinan owi miishkoons nikaazang gdo inendamowin mina yaamigag miinwaa wiinindib ezhi nakiimigag.

Miinwaa age aawon bimaanshkaman danakamigiziwinan age mina nendamigowin, bwaa temigag gnimaa mina yaawin miinwaa owi waankiwin owi neniizaanag owi miishkoons.

Wegnesh owi Bimaashkan owi Beshigendaman

Ozhichigewin aawon myaajitaachigaademigag owi Mina Bimaadiziwin Gaanada awii gikinomaagowin owi niizaanziwinan nikaazang miishkoons gdo inendamowin mina yaamigag miinwaa wiinindib ezhi nakiimigag.

Miinwaa age aawon bimaanshkaman danakamigiziwinan age mina nendamigowin, bwaa temigag gnimaa mina yaawin miinwaa owi waankiwin neniizaanag owi miishkoons.



MAZINAATESIJIGAANSAG 3



Onji maajitaadaa owi geshkana gagwedewin:

Aaniish epiitizing gdo wiinindib moshkin giizhiging? Naano biboon gizing, midaaswi biboon gizing, midaaswi shi naanon biboon gizing, niishtana biboon gizing maage niishtana shi naanon biboon gizing?

Gagwejim e'kinomojig awii noondaagoziwaad owi enendamowaad gagwek ayaawong nakwetamowin. Miigwen owi memaanji bazhigenjigaadeg nakwetamowin onji gewe kina e'kinomojig.



Aaniish epiitizing gdo wiinindib moshkin giizhiging?

Naano biboonjizyin
Midaaswi biboonjizyin
Midaaswi shi naanon biboonjizyin
Nishtana biboonjizyin
Nishtana shi naanon biboonjizyin



MAZINAATESIJIGAANSAG 4



Owi gagwek ayaawong nakwetamowin aawon niishtana shi naanon biboon gizing. Nda gikenijigewin waabmdowemigad owi wiinindib gaawii moshkin giizhigisino apiinish megwaach niishtana shi naanon piitizing. Eshkiniigijig memdage niizaanziwog newen madookidaagewinan owi miishkoons owi wiinindib maajiging miinwaa enaabidag. Owi woshme wiiba maajitaayin nikaazyin miishkoons, owi woshme maanaaji doodamowin adaa doodamoomigad gdo mina yaawin.

Aaniish epiitizing gdo wiinindib moshkin giizhiging?

Naano biboonjizyin
Midaaswi biboonjizyin
Midaaswi shi naanon biboonjizyin
Nishtana biboonjizyin
Nishtana shi naanon biboonjizyin

Nda gikenijigewin waabmdowemigad owi wiinindib gaawii moshkin giizhigisino apiinish megwaach niishtana shi naanon piitizing.



MAZINAATESIJIGAANSAG 5



Wegnesh awaa dibaata mang nongo giizhigad

1. Debwewin enjibaamigag gikendamowin newen endodaagemigag owi miishkoons odi gdo inendamowin mina yaawin miinwaa wiinindib ezhi nakiimigag.
2. Owi nikiyaa miishkoons agenji woshme zinagag awii bimaashkaman newen dinakimigiziwinan beshigendaman.



MAZINAATESIJIGAANSAG 6



Owi wiinindib aabaji maajiigin apiinish niishtana shi naanon piitizing miinwaa aanin gnigaagemiseg aaboon zhiwe miishkoons adaa aanjitanan owi nikiyaa wiinindib agaasing enji maajiiging wiinjakiimigag.

Miishkoons adaa madookidaan nowonj newen etemigag owi wiinindib miinwaa gnimaa adaa madookidaan ninda eni zhibiigaadeg gichi gnesh:

Gdo:

- > Nisidoziwinan;
- > Bimaajiing miinwaa maamowi bimaajiimigag wiyyaw;
- > Naagidowendamang, inaaknigeng miinwaa giizhendamang;
- > Izhayaawinan, inendamowin miinwaa endoodaman;
- > Gikendamowin miinwaa ezhi waabdamang

Gikendamadaa newen debwewinan owi nikiyaa miishkoons ezhi madookidang ensa bezhig owi e'temigag zhiwe wiinindib, miinwaa gnimaa age zhiwebikiba gnesh ani aawong.



Woshme owi gikendamowin ginowaabmdan:

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/cannabis-brain-know-facts.html>



MAZINAATESIJIGAANSAG 7



Maampii aga nda gikendaanaa newen nowonj etegin zhiwe wiinindib memdage gwa awii gikendamang owi bebezhiq etemigag ezhi naadimaagiying awii bimaadziiwing nigogiiizhigad miinwaa ensa giizhigag.

Maanda owi zhichigewin aga naagizowaabmdaanaa newen etegin zhiwe wiinindib e'naabidag **naagidowendamang, inaaknigeng miinwaa giizhendamang.**

Miinwaa age gda mazinaakazaan owi QR gindaasowin awii ginowaabmdaman owi wiinindib agiin.

360 Wiinindib

Newen gnigaagimisag aaboon etemigag zhiwe miishkoons dodoogemigad naasoob bembidegin zhiwe wiinindib nikaaziwin owi wiinindib maajiing.

Maampii, usooq miindomadaa nowonj etemigag owi wiinindib miinwaa giizhendamaa ezhi giizhigemigag miinwaa ezhi bitaakkkaggenigag miishkoons nikaazang age dodoogemigag bebezhiq ninda.

Nikaazaa owi 360 Wiinindib Naki Baakiigimig owi Danakomigizang.

Maagibidoon owi abi niisibiged miinwaa maajiish gewe e'kinomojig zhiwe owi **Naagidowendamang & Inaaknigeng** bakebiiganan. Gindan owi gikendamowin owi ensa bezhiq newen niinwin bakegiiganan zhiwe **Naagidowendamang & Inaaknigeng.**



MAZINAATESIJIGAANSAG 8



Gichi piitendaagwod awii makwenjigaadeg owi eshkiniiigijig miinwaa oshki netaawigijig e'nikaaziwaad miizhkoons, memdage gwa miishkoons temigag THC, woshme nendaagoziwog awii yaamiwaad inendamowin mina yaawin zinagiziwinan. Maanda onji zhiwebad zaam miishkoons adaa nashkwechigemigad owi mina yaawin wiinindib maajiiging apiinsh niishtana shi aabata piitizing.

Agii gikendaana...

Eshkiniiigijig miinwaa oshki netaawigijig e'nikaaziwaad miizhkoons, memdage gwa miishkoons temigag THC, woshme nendaagoziwog awii yaamiwaad inendamowin mina yaawin zinagiziwinan?

Maanda onji zhiwebad zaam miishkoons adaa nashkwechigemigad owi mina yaawin wiinindib maajiiging apiinsh niishtana shi aabata piitizing.

MAZINAATESIJIGAANSAG 9



Ninda ajina endodaagemigag newen madookidaagewinan owi nikaazang Miishkoons

Madookidaan enimanjiwiyin miinwaa ezhayaawin – Miishkoons nikaazang adaa miigwemigad maamiikwendamamowin miinwaa bekaadendamowin maage zinagendamowin miinwaa zegendamowin.

Woshme zinagad awii gikendaasang miinwaa awii makwendaman gego – Shkwaa nikaazang mishkoons, gnimaa gda zinagis naagidowendaman, makwendaman miinwaa gikendaman gego, miinwaa giizhendaman. Nikaazang miishkoons adaa naazhinaan gdo gashkitowin weweni awii zhichigeyin enji nakiiyin maage enji gikinomaagowin.

Giiwishikaamigad gdo gashkitowin awii bimibizochigewin maage bamibidetowin nakiwinan – Bimibizochigeng maanzhi-aawon zhichigewin miinwaa dowendaagwod awii nikaazang nowonj etegin zhiwe wiinindib. Miishkoons adaa naazhinaan owi awii gashkitoyin wewiib awii ozhiitaayin gego aabdeg awii zhichigeyin, nashkwetaamigad owi gdo nagidowendamowin, miinwaa giwishikaamigad wi yaw maamowi maajimigag. Giishpin gikenimad gwaya agaa nikaazad miishkoons, gegwa booske daabining.

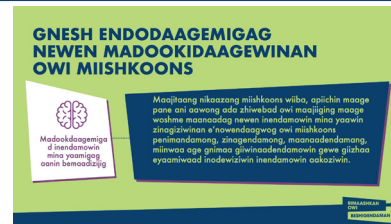
Dibiwegendan woshme bkaan e’waankiimigag agezhi giuweyin. Ginosh owi Uber/ Lyft, bemidaabaazhiwed, maage gagwejim gwaya awii abi naanig.



MAZINAATESIJIGAANSAG 10



Gnesh endodaagemigag newen madookidaagewinan owi nikaazang miishkoons aawon madookdaagemigad inendamowin mina yaamigag aanin bemaadizijig. Maajitaang nikaazang miishkoons wiiba, miinwaa nikaazang minwe-aapii maage pane ani aawong woshme nendaagwod awii yaamong zinagendamowin, maanaadendamowin, giuwashkweyaadiziwin miinwaa giuwinaadendamowin.



MAZINAATESIJIGAANSAG 11



Owi gnimaa zhiwebak owi ayaamang ninda indendamowin aakoziwinan woshme michaamigad gewe:

- > gewe agaa maajitaawaad nikaaziwaad miishkoons woshme shkiniigiwaad
- > gewe enkaaziwaad miishkoons wewiiba miinwaa ani piichaag (dibishko gonaa, ensa giizhigag maage gegaa ensa giizhigag)
- > gewe enkaaziwaad miishkoonsing etemigag woshme shpaamigag owi THC (dibishko gonaa, 30 – 90% THC yaabaji makigaadeg zhiwe baashkinese wiikibojigan miinwaa bkaan aanin miishkoons abi onjibaamigag nikaaziwinan owi wiikwaandamang ishpaamigag THC)
- > gewe eyaamjig inoodewiziwin giizhaa eyaamiwaad inendamowin aakoziwinan

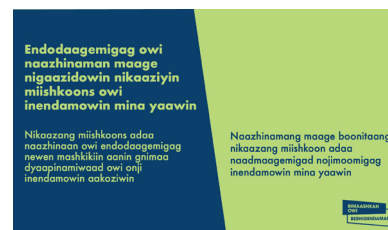


MAZINAATESIJIGAANSAG 12



Debwewin temigad ekidomigag nikaazang miishkoons adaa naazhinaan owi endodaagemigag newen mashkikiin aanin gnimaa dyaapinamiwaad owi onji inendamowin aakoziwin (dibishko gonaa, zinagendamowin, gichi maanaadendamowin) miinwaa adaa naazhinigemigad gdo noojimowin. Debwewin age temigad waabmdowemigag owi naazhinaman maage nigaazidowin nikaaziwin miishkoons adaa naadmaagemigad nojimoomigag inendamowin mina yaawin

Miishkoons aabate digosinon gegaa naasaab maji aaboon etemigag zhiwe sema aabate. Amiidash, zigaswaadamong miishkoons wewiiba ombishkaamigag niizaanziwin owi gichi gneesh maazhidodamowin odewin miinwaa opanan.



MAZINAATESIJIGAANSAG 13



Waawindan ojina maage gichi gnesh niizaanziwin owi nikaazang miishkoons

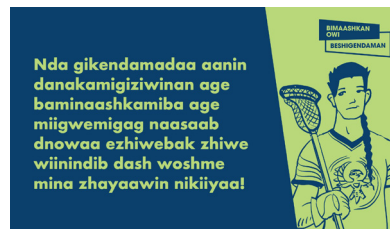
Gagwejim e'kinomojig awii noondaagoziwaad
owi nakwetamowiniwaa



MAZINAATESIJIGAANSAG 14



Owi gikina agaa gikendamang newen madookidaagewinan owi miishkoons,
nongo gdo nisastaanaa adaa madookidaagemigad owi baminaashkamang
newen dinakimigiziwinan beshigandamang awii zhichigewing.



MAZINAATESIJIGAANSAG 15



Gindan owi dowemigowin zhiwe masinsigining
miinwaa gagwejim ekinomojig awii
nondaagoziwaad ado nakwetamowiniwaa.



MAZINAATESIJIGAANSAG 16



Gnigaagimiseg aaboon zhiwe miishkoonsing madookidaan niibna etegin wiinindib. Ninda wiinindib etegin age nikaazam epiichi odaminong.

Owi wiinindib aanikosing naagizowaabmdan nesewin miinwaa ode epiichibidemigag, miwaa newen cerebellum, thalamus, basal ganglia miinwaa frontal lobe maamowi nakiimigadon awii naagizowaabmdaman dibishkoyaawin, wiiji bimaajimigag wiiyaw, bimaajing, nakwetamowin ayaawong miinwaa giizhendamang.

Odaminowin miinwaa dinakimigiziwin beshigendaman dowendaagidoon nowonj dnowaa wiiyaw nikiimigag dibishko gonaa wiiyaw maamowi nakiimigag, nakwetamowin epiichibidemigag miinwaa gagwek bimajiiwinnowonj. Miishkoons ada madokidaan ninda nowonj dnowaa wiiyaw nakiimigag, edamomigag gdo gashkitowin awii minwendaman newen dinakimigiziwinan beshigendaman ginmaa adaa nagaasinon.

G'bishgendaana zhihigewin newen nakiitowin wiiyaw dinakimigiziwinan?

Gnigaagimiseg aaboon owi miishkoons age madookidaagimigadon nowonj newen etegin wiinindib. Ninda wiinindib etegin age nikaazam epiichi nakitowin wiiyaw.

Wiiwilwiiwin gwiyaw dinakimigiziwinan beshigendaman dowendaagidoon nowonj dnowaa naamogwi wiiwiyag maakowiziwinan e'nanimigag dibabko ginnaa maamowi nakimigag wiiyaw, nakwetamowin minere dibabkoawin. Miishkoons ada madokidaan ninda naamogwi wiiwiyag maakowiziwinan, edamomigag gdo madookidaagimigadon owi gashkitowin owi minwendaman newen dinakimigiziwinan beshigendaman.

Government of Canada

MAZINAATESIJIGAANSAG 17



Gindan owi dowemigowin zhiwe masinsigining miinwaa gagwejim ekinomojig awii nondaagoziwaad ado nakwetamowiniwaa ensa bezhig newen 6 wenaamjiganan.

Waawiindan owi dinakimigiziwinan e'waabmdowemigag owi mene-aag owi bezhig maage woshme ninda:

- Majjiniidiziwin
- Dibishkoyaawin
- Wiiji bimaajimigag wiiyaw
- Bimaajiwinn
- Nakwetamowin
- Giizhendamang

Government of Canada

MAZINAATESIJIGAANSAG 18



Aanin bemaadizijig azhaawog owi miizhkoons awii bigidinamowaad godogitowendamowaad. Zhitoowin miinwaa bazindaman madwewechigan gda minindemigwon miinwaa naazhinaman godogitowendamowin.

Zhitoong miinwaa bazinjigaadeg madwewechigan bimaajibidemigad owi bagidiseq owi "mina Zhaayaawin" naabo dopamine zhiwe wiinindib frontal-temporal lobes, miinwaa naazhinaan owi godogitowendamowin maagwemigag hormone, cortisol.

Miishkoons adaa madookidaan inendamang miinwaa naagizowendamang (frontal lobe), izhayaawin (frontal lobe, amygdala), makwendamowin (hippocampus) miinwaa kowaabendamowin (hypothalamus), newen kina age basikaagemigag gwaya gashkitood awii zhitood gego (miinwaa awii mazinige-aad).

G'bishigendaan ana zhitowin miinwaa bazindaman madwewechigan?



Aanin bemaadizijig azhaawog owi nikaaziwaad miizhkoons awii bigidinamowaad godogitowendamowaad. Zhitoowin miinwaa bazindaman madwewechigan gda minindemigwon miinwaa naazhinaman godogitowendamowin.

Miishkoons adaa madookidaan inendamang miinwaa naagizowendamang frontal lobe, frontal lobe, amygdala, hippocampus miinwaa hypothalamus, newen kina age basikaagemigag gwaya gashkitood awii gikendaasid miinwaa maaonjind.



MAZINAATESIJIGAANSAG 19



Gindan owi dowemigowin zhiwe masinsigining miinwaa gagwejim ekinomojig awii nondaagoziwaad ado nakwetamowiniwaa.



Waawiindan memaanji bazhigendaman madwewechigan.

Aaniish ezhiyaayin apii nondaman owi?



MAZINAATESIJIGAANSAG 20



Aanin bemaadzijig azhaawog owi miizhkoons awii bigidinamowaad godogitowendamowaad. Ginowaabmdaman miinwaa mazinibiigeyin adaa minendamigwon miinwaa naazhinaman godogitowendamowin.

Dibishko gonaa zhitoong maage bazindamang madwewechigan... Ginowaabmdaman miinwaa mazinibiigeyin maajiishkaamigad owi bagjiimigag owi "mina zhayaawin" aabo dopamine ginjiwiing owi wiinindib frontal-temporal lobes miinwaa naazhinang godogitowendamowin endodaagemigag owi naabewiwin cortisol.

Miishkoons age adaa madookidaan nanaagidowendamowin miinwaa naagizowendamang (frontal lobe), izhayaawin (frontal lobe, amygdala), makwendamowin (hippocampus) miinwaa kowaabendamowin (hypothalamus), newen kina age basikaagemigag gwaya gashkitood awii awii zhitood gego (miinwaa awii mazinige-aad).

G'bishigendaan ana ginowaabmdaman mazinibiiganan miinwaa mazinibiigeyin?

Aanin bemaadzijig azhaawog owi nikaaziwaad miizhkoons awii bigidinamowaad godogitowendamowaad.
Ginowaabmdaman mazinibiiganan miinwaa mazinibiigeyin adaa minendamigwon miinwaa naazhinaman godogitowendamowin.


Ginowaabmdaman mazinibiiganan miinwaa mazinibiigeyin maajiishkaamigad owi bagjiimigag owi "mina zhayaawin" aabo dopamine biijwiing owi wiinindib frontal-temporal lobes miinwaa naazhinang godogitowendamowin endodaagemigag. Ikerewin gaga naabewiwin cortisol.

MAZINAATESIJIGAANSAG 20

MAZINAATESIJIGAANSAG 21



Gindan owi dowemigowin zhiwe masinsigining miinwaa gagwejim ekinomijig awii nondaagoziwaad ado nakwetamowiniwaa ensa bezhig newen 6 wenaamjiginan. Miigwen owi memaanji bazhigenijigaadeg nakwetamowin onji gewe kina e'kinomijig



Nankiwin owi mazinibiigeyin dinakimigisiwin bagjiimigag owi "mina zhayaawin" aabo ezhi gikenijigaadeg owi?

Cortisol
Dopamine
Hippocampus
Frontal lobe

MAZINAATESIJIGAANSAG 21

MAZINAATESIJIGAANSAG 22



"Owi gagwek nakwetamowin aawon Dopamine Mina zhayaawin aabo. Dopamine aawon gechi piitendaagwog wiinindib aaboo maagwemigag gichi nendamowin zhayaawin. Miinwaa age gichi aawon owi nikiiyaa ezhi gikendaasang, naagizowaabmijigeyin, miinwaa makamang nowonj dnowaan maamiikwaamidamang."

Nankiwin owi mazinibiigeyin dinakimigisiwin bagjiimigag owi "mina zhayaawin" aabo ezhi gikenijigaadeg owi?

Cortisol
Dopamine
Hippocampus
Frontal lobe

Dopamine aawon gechi piitendaagwog wiinindib aaboo maagwemigag gichi nendamowin zhayaawin. Miinwaa age gichi aawon owi nikiiyaa ezhi gikendaasang, naagizowaabmijigeyin, miinwaa makamang nowonj dnowaan maamiikwaamidamang.

MAZINAATESIJIGAANSAG 22

MAZINAATESIJIGAANSAG 23



Gindan owi mezinaatesemigag




MAZINAATESIJIGAANSAG 24



Kina gwaya ada wenaamdaan bezhig newen nakiitowin wiiyaw maage mazinigiigeng dinakimigisiwin. Agaa yaanaa niizho dibagaans gagweji bakinaadiwin.

Gindan newen wiindamaagewinan onji owi mezinaatesing. Amiih gewe ekinomojig nigo dibagaans awii naanaagidowendamowaad wegwen dinakimigisiwin aji wiiiji-ewaad.


Zhisidoon owi niisho dibagaans oginjigan. Apii giizhiitaayin, wiindamo gikinomojig.




Giizhiitaan, Zhiitaan, Maajitaan!

Wiindamo gewe ekinomaagaazijig apii bezhig dibagan temigag...bagidinan gewe wiiyaw nakiitowaad waajii-ejig wiindamaagewin awii ani zhaawaad owi miinwaa etemigag bimaajiiwin.

Bagidish gewe ekinomaagaazijig awii maadokiwaad ezhiyaawaad.



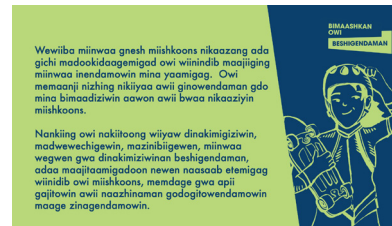
MAZINAATESIJIGAANSAG 25



MAZINAATESIJIGAANSAG 26



Gindan owi mezinaatesemigag.



MAZINAATESIJIGAANSAG 27



Oma taki kwecikaymocik mina ohi taki wapacikeycik ohi.

