



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 gnmaa age naadmaagwaad awii mimaanji mina izhayaawaad. Owi ntam eyaawong owi zhichigewin gikinomaagaaziwod waajii-ejig newen madookdaagewinan owi miishkoons owi ado wiinindib miinwaa inendamowin mina yaawin, miinwaa owi ekwa niizhing eyaawong miinigaaziwod eshkiniigijig bkaan dnwaa danakimigiziwinan maagwemigag naasaab dnwaa aabon eshchigemigag zhiwe wiinindib dash woshme mina bimaadizing nikiiyaa.

Owi gagaandinigaadeg wiijii-eng newen wiikijiiwindowaa zhichigewinan dookinang owi wiikwitowin wiiyaw dinakimigiziwin, madoweichigeng, miinwaa mazinibiigeng, owi gikinomaagewin 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 bimibidetowin ekinomaaged naagaanwidood ankesijigan maagsechigaadeg newen Giizhaa Agaa Yaajig odenwinan awii 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 nankiyyin awii miigwewin debwewin ayaawong gikendamowin, niigaaniwidowin naanaagidowendamang dinakimigiziwinan, miinwaa obinimowendamowaad eshkiingijig awii baminaashkamiwaad beshigendamowaad, bwaa nikaazang miishkoons.

Niibna tenoon newen enji giizhendamaad eshkiingijig awii nikaaziwaad miishkoons: awii bekaaji-zhayaang, awii naazhinamiwaad godogitowendamowin miinwaa zinagendamowin, awii minendaagoziwaad, awii nda gikendamowad, awii digoyaawaad wiijikiwenwin, maage goweta gego oshkiwii awii gajitowaad. Aanin eshkiingijig gnimaa adaa waabmdanaa-aa miishkoons aawong akiing

abi onjibaamigag miinwaa nendamoog waankiiwong.

Tenoon nowonj nikiiyaa awaazhi wikijiwindowaad gewe eshkiingijig awii gagaandinigaadeg nisaakosing miinwaa mina ginondiwin: Weweni bizindamang (gagwedwen nowonj agezhi nakwetamang gagwedwewinan, mina inendan, gagaandinan dinaangidoniwin)

- > Azhaan owi gagwek nikiiyaa 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 eshkiingijig owi miishkoons, ginowaabmdan [Talking with teenagers about drugs](#) miinwaa [Talking with your kids about cannabis](#)

INAAKININAMAN OWI BIMAAZHKAN BESHIGENDAMAN NANKIYYIN

Bakesijigan owi Bimaashkaman Beshigendamowin Nankiyyin

Megwaach Enjitaamigag: 30-45 dibagaans

Biindigedibaajimowin	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:** Gajitooon awii mikaman ngoji genji gashikitowin awii sweyaa-eg miinwaa bimamaajiyeg dibishko gonaa enji daminong maage enji minendaagozing. Giizhpin endayin onji gikendaasiyin,

gagaanzam gewe eshkiingijig awii mikamiwaad zhiwe endawaad agenji bimamaajiiwaad.

- > **Minik Onjitaamigag:** gdo nankiyyin adaa onjitaamigad megwaach 30 apiinish 45 dibagaans.
- > **Wasamowin 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 gagaanjitaagewin 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, inaknigeng miinwaa giizhendamang. Epiichi owi nankiiwin ekinomaagejig ada dazhindaanaa-aan newen niwin bakesijiganan zhiwe "Naanaagidowendamang miinwaa Inaakinengh."

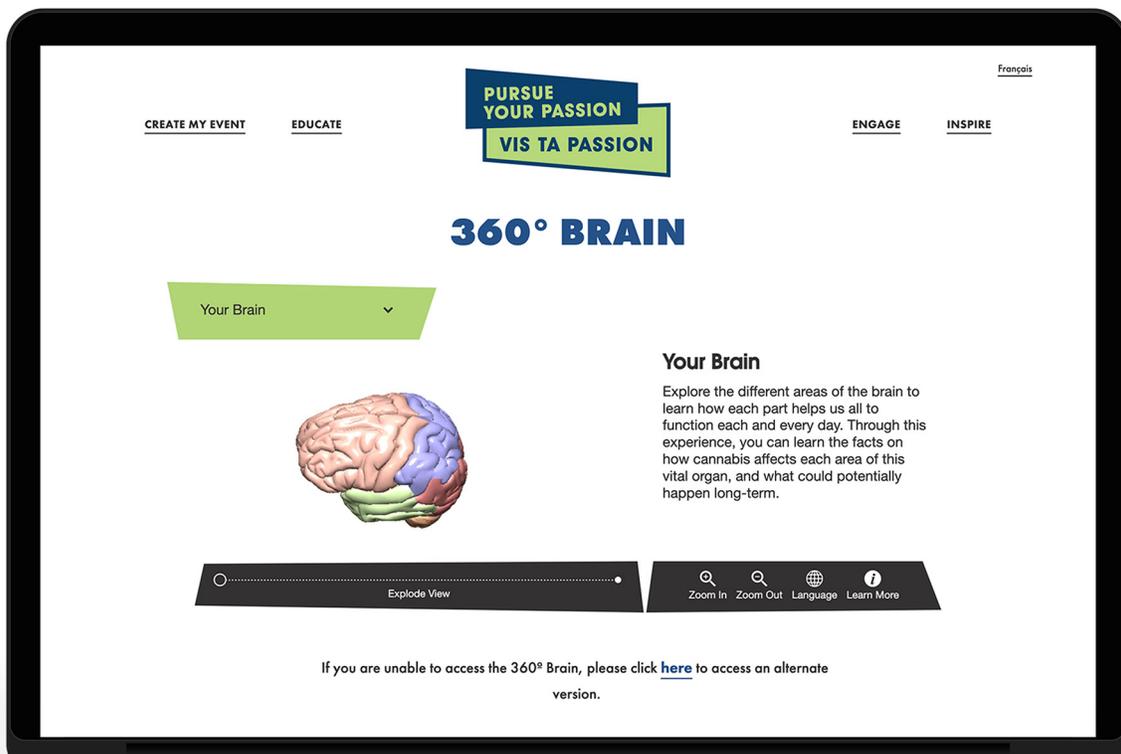
Makowaajitaagoziwin owi woshme awii nishing ayaamiwin

Zhisodoon owi mazinaatesijigan owi onji niibna bemaadizijig 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 Bezhigendaman mazinaatesijigaansag giishishinog miinwaa naagiziwog gikinomaagaazijig awii waabimaawaad
- E'gikinomaagaazijig adaa ayaanaa-aa misendamowaad waasamo mazinaatewibii` igeseg maage bebaamiwijigaadeg waasamo mazinaatewibii` igeseg onji gagwejitoong zhichigewinan dinakimigiziwinan (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 miishkoons, memdage gwa miishkoons temigag THC, woshme nendaagoziwog awii yaamiwaad inendamowin mina yaawin zinagiziwinan?

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

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



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 waankiiwin 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 waankiiwin 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 biboongiyin
Midaaswi biboongiyin
Midaaswi shi naanon biboongiyin
Nishtana biboongiyin
Nishtana shi naanon biboongiyin



MAZINAATESIJIGAANSAG 4



Owi gagwek ayaawong nakwetamowin aawon niishtana shi naanon biboon gizing. Nda gikenjigewin 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 biboongiyin
Midaaswi biboongiyin
Midaaswi shi naanon biboongiyin
Nishtana biboongiyin
Nishtana shi naanon biboongiyin

Nda gikenjigewin 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 gnigaagimiseg aaboon zhiwe miishkoons adaa aanjitanan owi nikiyaa wiinindib agaasing enji maajiiging wiinakiimigag.

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 waabmdamang

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 bebezhiig etemigag ezhi naadimaagiying awii bimaadiziiwing 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 onigagimiseg aaboon e'etemigag zhiwe miishkoons daddaagimisi naabaala bambidegin zhiwe wiinindib nikaaziwin owi wiinindib maajiging.

Maamowii ensa miindamadaa nowonj etemigag owi wiinindib miinwaa giizhendamaada ezlichigemigag miinwaa ezhi bimaadiziiwing miishkoons nikaaziwin age daddaagimisi bebezhiig miida.

Nikaazan owi 360 Wiinindib Naki! Baakiigigan owi Danakamigizhig.

Maagibidoon owi abi niisibiged miinwaa maajiiish gewe e'kinomojig zhiwe owi **Naagidowendamang & Inaaknigeng** bakebiiganan. Gindan owi gikendamowin owi ensa bezhiig newen niinwaa bakegiiganan zhiwe **Naagidowendamang & Inaaknigeng.**



MAZINAATESIJIGAANSAG 8



Gichi piitendaagwod awii makwenjigaadeg owi eshkiniigijig 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 maajiging apiinish niishtana shi aabata piitizing.

Agii gikendaana...

Eshkiniigijig 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 maajiging apiinish niishtana shi aabata piitizing.

MAZINAATESIJIGAANSAG 9



Ninda ajina endodaagemigag newen madookidaagewinan owi nikaazang Miishkoons

Madookidaan enimanjiwiin 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 nakiyin maage enji gikinomaagowin.

Giiwishikaamigad gdo gashkitowin awii bimibizochigewin maage bamibidetowin nakiwinaan

– 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 giweyin. 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, giwashkweyaadiziwin miinwaa giwinaadendamowin.



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. Amiidadash, zigaswaadamong miishkoons wewiiba ombishkaamigag niizaanziwin owi gichi gnaash 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.

Nda gikendamadaa aanin
danakamigiziwinan age
baminaashkamiba age
migwemigag naasaab
dnwaa ezhiwebak zhiwe
wiinindib dash woshme mina
zhayaawin nikiiyaa!



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 wiyaw, bimaajing, nakwetamowin ayaawong miinwaa giizhendamang.

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

G'bishgendaan ana zhichigewin newen nakiitowin wiyaw dinakimigiziwinan?

Gnigaagimiseg aaboon owi miishkoons age madookidaan nikaazam nowonj newen etegin wiinindib. Ninda wiinindib etegin age nikaazam epiichi nakiitowin wiyaw.

Wiyaw wiyaw gashkitowin dinakimigiziwinan beshigendaman dowendaagidoon nowonj dnowaa naagimigag wiyaw nakiimigag dibishko gonaa maamowi nakiimigag wiyaw, nakwetamowin miinwaa dibishkoyaawin, wiihkoons adaa madokidaan ninda naagimigag wiyaw nakiimigag, edamomigag gdo madookidaan owi gashkitowin wiyaw minwendaman newen dinakimigiziwinan beshigendaman.

**SAWAMIN
EPIICHIBIDEMIGAG**

MAZINAATESIJIGAANSAG 17



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



Waawindan owi dinakimigiziwinan e'waaabmdowemigag owi mene-aag owi bezhig maage woshme ninda:

- Majjiniidizwin
- Dibishkoyaawin
- Wiji bimaajimigag wiyaw
- Bimaajiwinnonj
- Nakwetamowin
- Giizhendamang

**SAWAMIN
EPIICHIBIDEMIGAG**

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 bagidiseg 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 gikendaasad miinwaa maaarjind.



MAZINAATESIJIGAANSAG 19



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



Waawiindan memaanji bazhigendam madwewechigan.

Aanish ezhiaayin aaji nondaman owi?



MAZINAATESIJIGAANSAG 20



Aanin bemaadizijig 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 mazinibiganan miinwaa mazinibiigeyin?

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

Ginowaabmdaman mazinibiganan miinwaa mazinibiigeyin maajiishkaamigad owi bagjiimigag owi "mina zhayaawin" aabo dopamine binjiwiing owi wiinindib frontal-temporal lobes miinwaa naazhinang godogitowendamowin endodaagemigag owi naabewiwin cortisol.

SAALAMAT
KINOMIIGANAN

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 gikenjigaadeg owi?

Cortisol
Dopamine
Hippocampus
Frontal Lobe

SAALAMAT
KINOMIIGANAN

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, naagizowaabmijigewin, miinwaa makamang nowonj dnowaan maamiikwaamidamang."

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

Cortisol
Dopamine
Hippocampus
Frontal Lobe

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

SAALAMAT
KINOMIIGANAN

MAZINAATESIJIGAANSAG 25



MAZINAATESIJIGAANSAG 26



Gindan owi mezinaatesemigag.

MAZINAATESIJIGAANSAG 27



Oma taki kwecikaymocik mina ohi taki wapacikeycik ohi.

