

Why Story: Knowing Your Why

Keywords

stories, mental health, physical health, mental capacity, patience, healthcare setting, language, why, mind and heart, attitudes and behaviours, harm, assess.

SPEAKERS

1

Speaker 1

0:01

And I think that's kind of like where we're going with the questions is that, you know, there is a little bit of effort that needs to be made at the beginning to understand how each reed is held together. And that's the concept with our stories in, you know, when we go to emergency or when we go to the doctor. Like there's a story in every single reed and we have them tied to us for a reason.

2

Speaker 2

0:29

The part about when you're feeling bad, that's the time when you need to be near these when you need to touch these and be in your hand. The worst, the worst time of your, whether it's your mental health or physical health, and you need the quilsten (Okanagan word for sweathouse) that's the time you need to be there. Not when you're chipper and happy, you know. It's good to be chipper and happy, but we get sad, we get heartbroken, we get hurt, and all the things of our traditional culture that's...they're there for that. To help you. When you're feeling the worst that's the time that you need to be there.

3

Speaker 3

1:22

My mental capacity, right there. Patience, right now.

1

Speaker 1

1:29

You want to talk about that? Or, are you done?

3

Speaker 3

1:33

I'm done. I'm done. Cut. Cut.

4

Speaker 4

1:38

Like, you know, to get really deep here. But, like, mom got frustrated, right? And like chucked these. And, so think about that in a healthcare setting, when she's the recipient of care. Think about what we're just saying, you (as a patient) don't have language. And they (healthcare providers) keep asking you these bloody questions. And you're like, I don't know, I don't, I don't know what it's supposed to look like, I don't know what you're asking of me.

But then the other part as a healthcare provider is, how do you respond to that? And a part of that is knowing your "why", you know. And the "why" can start with, why did you choose a helping profession? Go back to that because then that gets you out of your mind and into your heart. Because having worked with healthcare providers - and we know there are Indigenous peoples who are healthcare providers, too, but working with healthcare providers - when I asked them that question (why did you choose a helping profession), it all came from their heart. Either generationally, their family has been in the health care profession, or they had a horrific experience, and a really good nurse or some sort of a healthcare provider, and then they wanted it, or they had a horrific experience because they had a horrific nurse or doctor, and they wanted to be a part of that change.

So going back to that heart piece, and you've said this before, too, if I think about healthcare providers, if they started doing this, which is their attitudes and behaviors and prejudices coming out, and they're not happy at their job, maybe they need to rethink their job choice then. Nothing's wrong with stopping because if you're causing more harm than help, then think about that, and really assess that.

But thinking about how I came over and mom was done doing hers, but think of her as a recipient of care who is frustrated with this process. I came over, sat down, and asked her to help me, and she helped me finish this. So there's more than one way to approach something. And not every prescription or prescribed act is going to be the right fit for somebody.