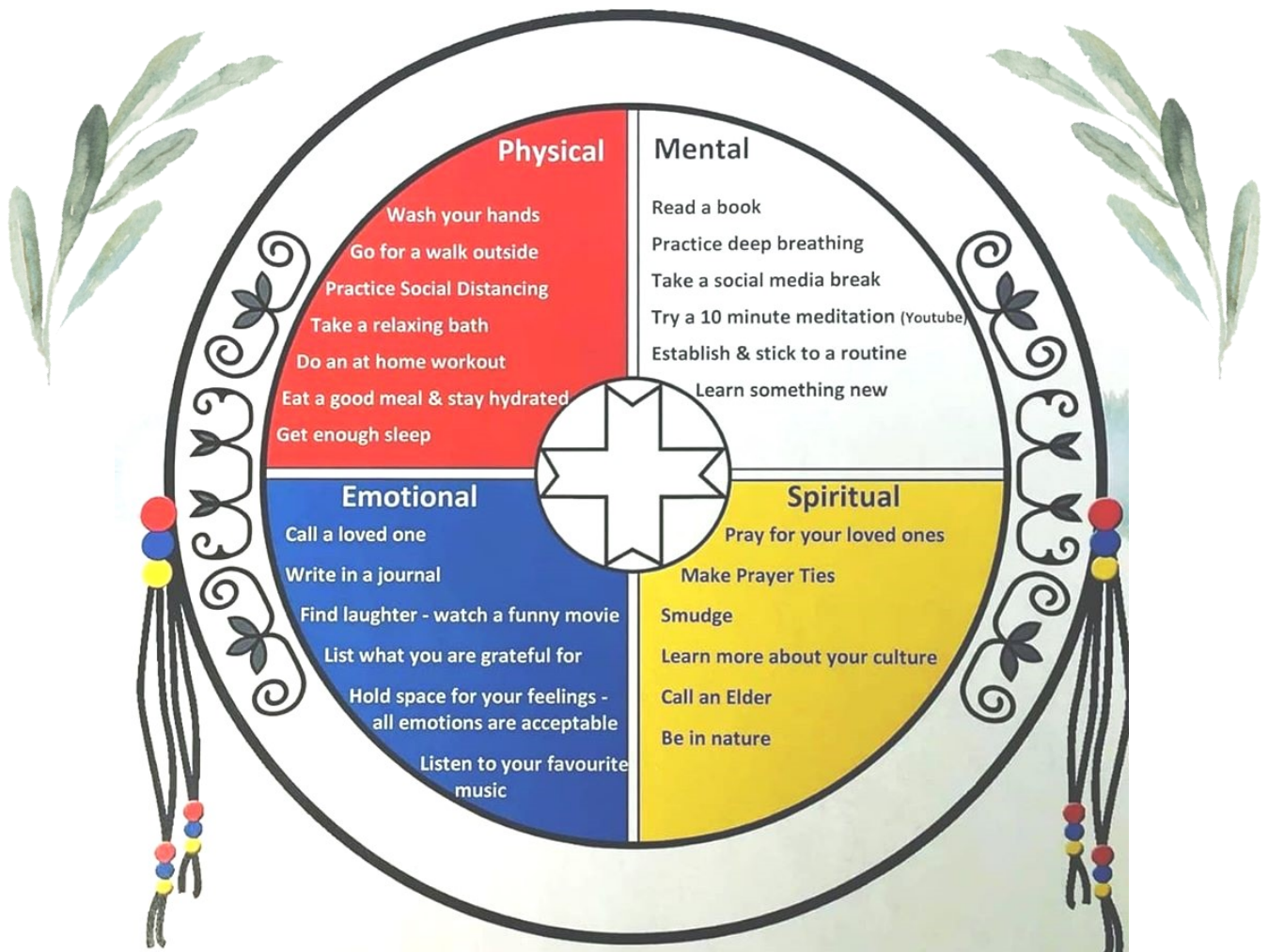


Self-Care during COVID-19 Pandemic



Sage as Self Care Webinar (Medicine Box Project Week 4)

Uses for sage:

1. Spending time picking sage outdoors enhances our connection to others, the natural world, Creator, and culture
2. Spending time drying and cleaning sage is a form of moving meditation and mindfulness
3. Smudging is a time for prayer, gratitude, and removing negative energy
4. Sage tea is good for your health (high in vitamin K, and has many anti-inflammatory & anti-oxidant effects)
5. Sage can be added to bathwater to help us relax, gives off a strong aroma
6. Sage offers grounding and protection. Ask an Elder for help by offering tobacco