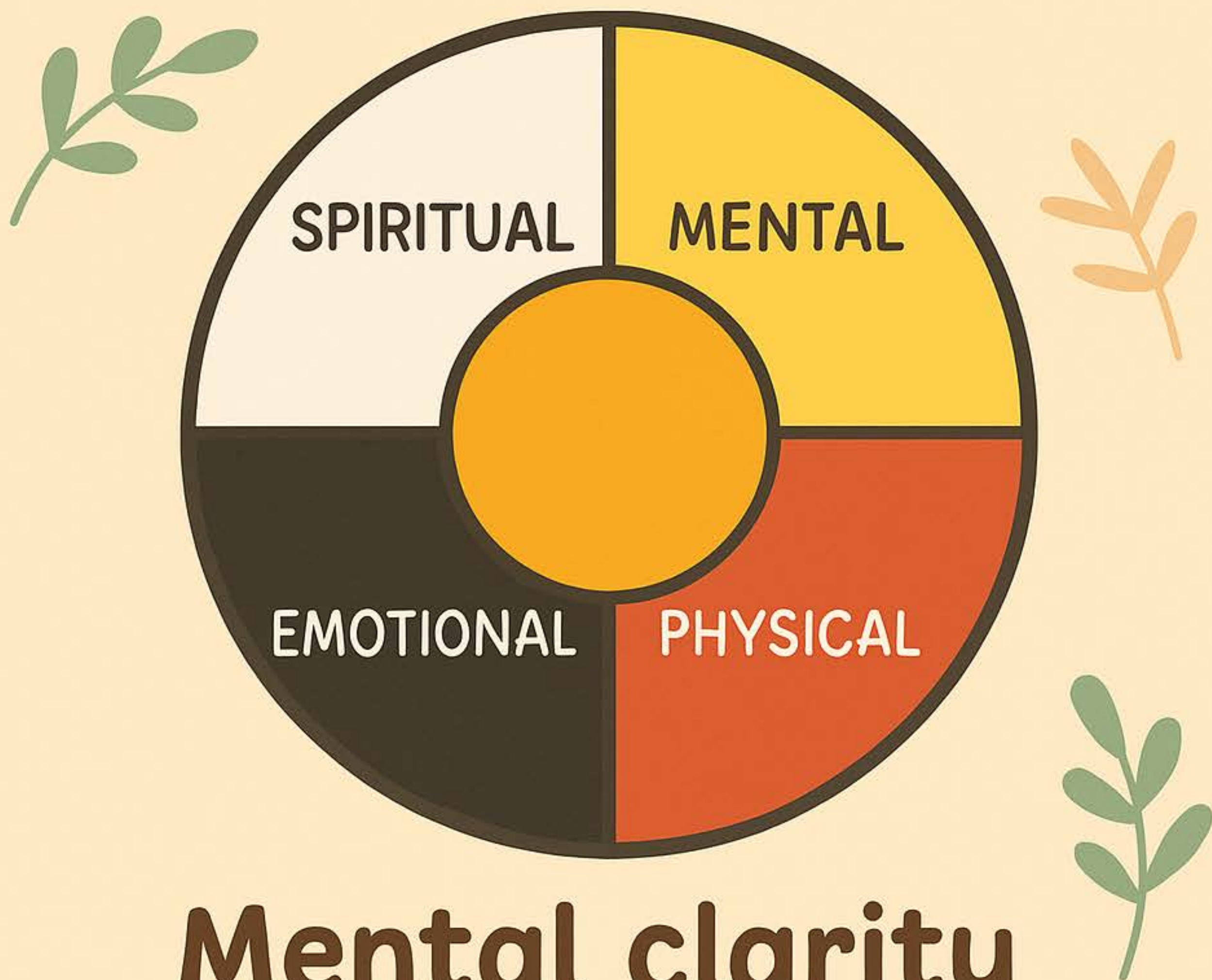


UNDERSTANDING THE MEDICINE WHEEL



Mental clarity

means having a clear and focused mind. The mental part of the Medicine Wheel helps us think clearly, learn new things, and make good choices.

When we take care of our mind, we can solve problems and focus better.

Learning, asking questions, and being curious all help our mental well-being.