
Chagnaphopa Wi “Moon of the Popping Trees”



STANDING
ROCK
SIOUX
TRIBE



THE FEB *Newsletter*

CHANNAPHOPA WI FOCUS

The idea to focus is to concentrate on one thing - this is only possible if you say yes to one option and no to all other options.

Tips to increase your focus:

- Choose an anchor task
- Manage your energy, not your time
- Complete your agenda in the morning, then open email to see others' agendas
- Work in full screen mode.
- Schedule your day.



Dak̄hota/Lak̄hota phrases of the month

Lila Machuwita k̄sto/Lo Lak̄hota
Dina Machuwita Ye/Do Dak̄hota
I am really cold

Thimahel Ye/Yo Lak̄hota
Thimahed Uye/Yo Dak̄hota
Stay inside!

IMPORTANT DATES

- February 2: Groundhog Day
- February 14: Valentine's Day
- February 17: **Holiday**- President's Day
- February 21: Budget trainings
- February 28: Budget trainings



NATIONAL SEND A CARD TO A FRIEND DAY - FEBRUARY 7

Send a card to your friends - buy them or make your own. It is a great way to stay connected!

NATIONAL CLEAN OUT YOUR COMPUTER DAY - FEBRUARY 10

Remove old files, clutter, and duplicate files. Ensure using the latest versions of programs and operating systems.

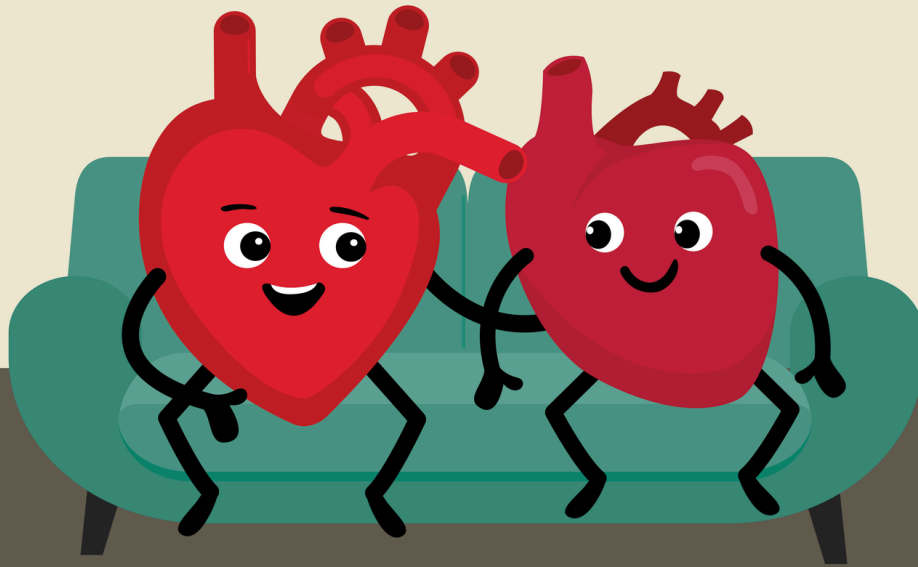
NATIONAL LOVE YOUR PET DAY - FEBRUARY 20

Give your fur babies extra attention and love!





February is American Heart Month



#OurHearts



NIH National Heart, Lung, and Blood Institute



Take care of your heart by:

1. Move More
2. Eat Healthy
3. Control Blood Pressure
4. Manage Cholesterol
5. Manage Blood Sugar
6. Work With A Doctor
7. Stress Less
8. Quit Smoking

Happy Hearts Society

Chante Wichiyokipi Okholakichiye

Chanānaphōpa Wi focus is **SPIRITUAL WELLNESS**

We are encourage each employee to practice
MINDFULNESS.

Practicing mindfulness is important for several reasons: staying focus, work efficiently, produce higher-quality of work, and make better decisions. Mindfulness can improve communication with your co-workers by being fully present and engaged. Mindfulness will increase your active listening and respond with increased empathy. Overall, we will create a healthier work environment for each other and the communities.

If you have any ideas or activities please email Tawny Maxon.

