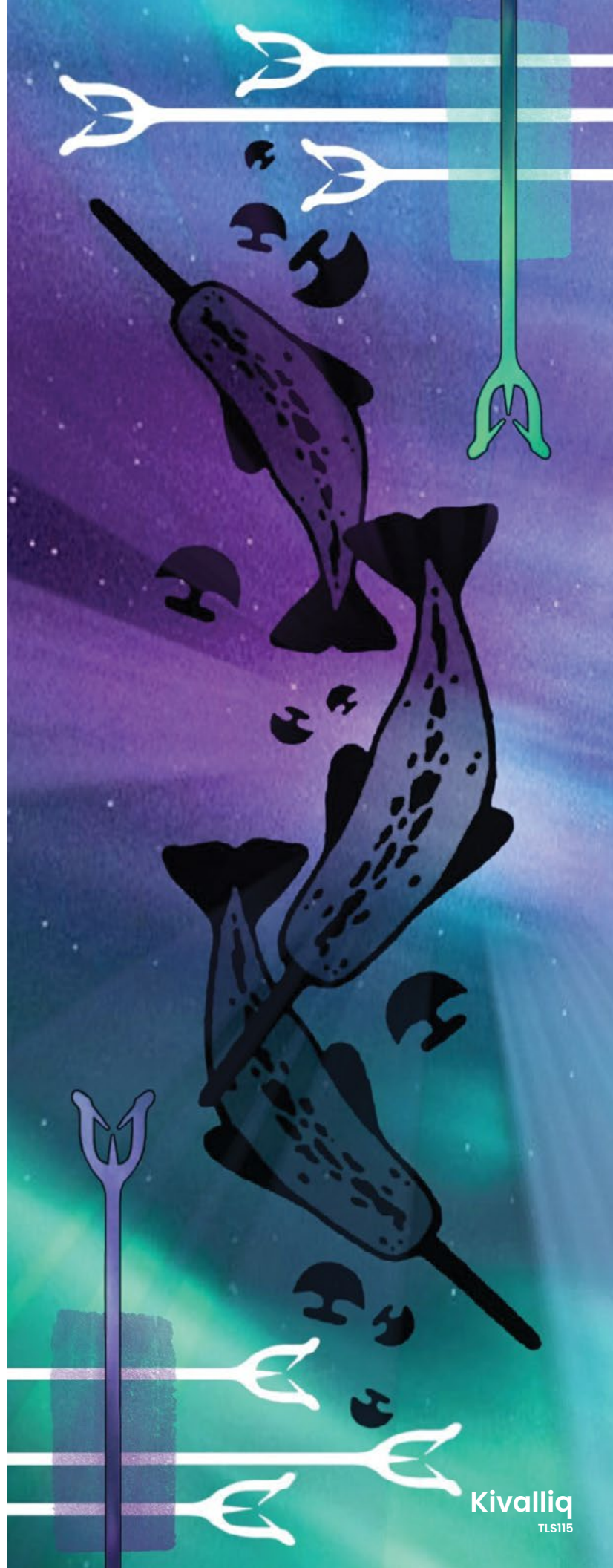




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Titiraqviksaq

**Journal
Notebook**



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Breathe

Aniqsaagturmiq

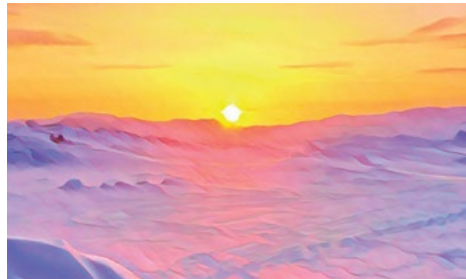


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Breathe

Aniqsaagturniq

Lined writing area with horizontal lines and a vertical margin line on the right. A faint illustration of a traditional Inuit harpoon is visible at the bottom left.



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Even the darkest night will
end and the sun will rise.

*Unnuakkut
 taarniqpaangugaluaqpat
 isulinniaqpuq siqiniq
 saqqinniaqsunilu.*



ᐱᓄᓐᓂᓂᓐᓂᓐᓂᓐᓂᓐ

Breathe

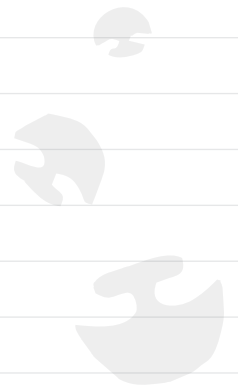
Aniqsaaqturmiq



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ᐱᓄᓐᓂᓂᓐᓂᓐᓂᓐᓂᓐ.

Make memories with the
right people.

*Iqqaumajaksluqpallutit
inunnit naammattunit.*



Series of horizontal lines for handwriting practice on the right side of the page.



ᐱᓐᓂᐳᓐ ᐱᓐᓂᐳᓐ

Breathe

Aniqsaaqturniq

A vertical column of 20 circles, each followed by a horizontal line, intended for writing the Inuktitut text.

A series of 20 horizontal lines for writing the English text.



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Breathe

Aniqsaaqturniq



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Breathe

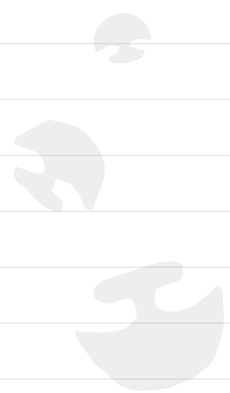
Aniqsaagturmiq



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ᖅᓂᖅᓴᓴᓄᓂᖅ
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ᓴᓴᓂᓄ ᓴᓴᓄᓂᖅ
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Trauma travels through family lines until someone is ready to heal it. Your ancestors and descendants celebrate every time you do the work.

Les traumatismes suivent la lignée familiale jusqu'à ce quelqu'un décide de les guérir. Vos ancêtres et vos descendants célèbrent toute les fois que vous travaillez en ce sens.



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Breathe

Aniqsaagturniq

Handwriting practice lines for the word 'Breathe' in Inuktitut syllabics.

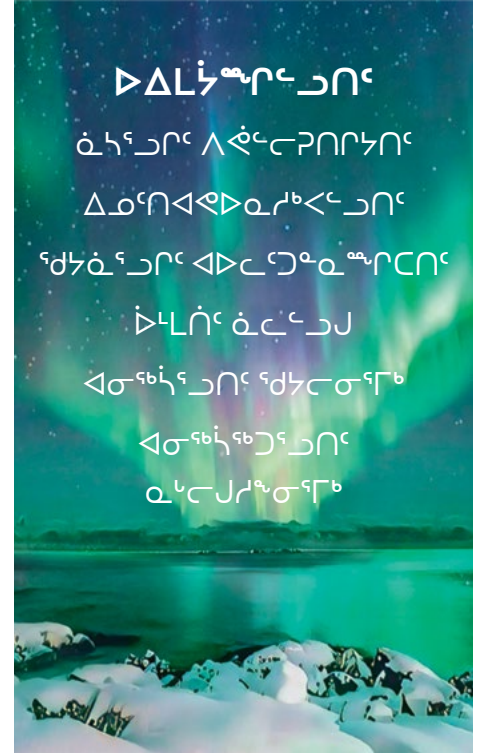


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Breathe

Aniqsaaqturniq

A large grid of dotted lines for handwriting practice.



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Be Calm

Count your Blessings

Practice Kindness

Let Go of what you cannot control

Listen to your Heart

Breathe in Gratitude

Breathe out Compassion

Uimajaanngillutit

Naasarlugit pivaallirutigijatit

Inuttiavaunasukpallutit

Qujanaarlugit

aulattunnanngitatit

Uummatiit naalallugu

Aniqsaarlutit Qujalinirmik

Aniqsaaqturlutit

Nalligusunnirmik

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Breathe

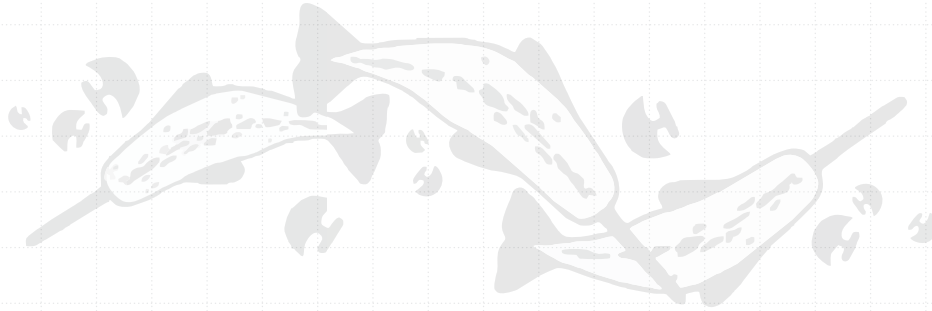
Aniqsaagturmiq



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Breathe

Aniqsaagturmiq



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Breathe

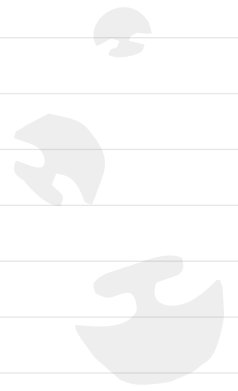
Aniqsaaqturniq



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Be kind, because everyone
you meet is fighting a battle
you know nothing about

*Tunnganarlutit, asitit
takujatit unatarmata
qaujimanngittarnik*



Series of horizontal lines for writing.

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Breathe

Aniqsaagturmiq



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Breathe

Aniqsaagturniq



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Our Ancestors prayed for
 your arrival. You were sent
 to represent our people. We
 waited for you so that our
 story may continue.

*Sivulivut tuksiujjivalauqput
 tikiqjillutik.
 Aullaqtitaumauqputit
 kiggaqtuiqujaullusi
 inuqutittinnik. Ilinnik
 utaqqilauqpugut unikkaavut
 kajúsiarmat.*



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Breathe

Aniqsaagturniq

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Breathe

Aniqsaagturniq



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Breathe

Aniqsaagturmiq



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Aksuruutiqatuinnaruvit,
tukiqanngilaq ajulirnirnik.

A series of horizontal lines for handwriting practice, accompanied by a faint illustration of a person's head and shoulders in profile, facing right.



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Breathe

Aniqsaagturniq

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A series of horizontal lines for handwriting practice, corresponding to the rows on the left.

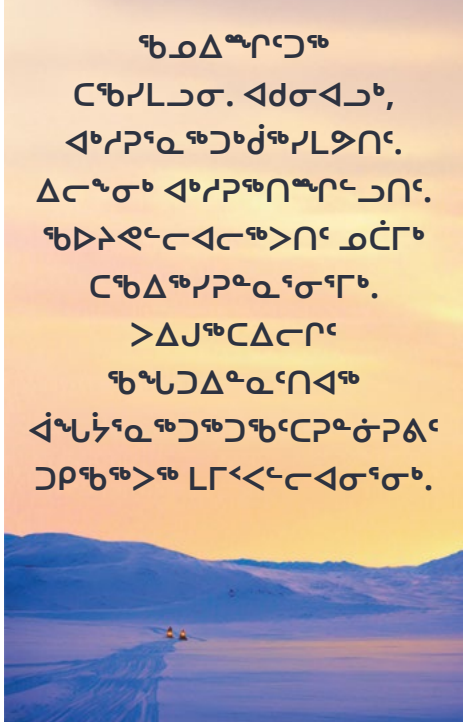


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Breathe

Aniqsaaqturniq

Lined writing area for practicing the Inuktitut text.



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 ᐃᓄᓄᓄᓄᓄ. ᐃᓄᓄᓄᓄᓄ,
 ᐃᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.
 ᐃᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.
 ᓈᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.
 ᐃᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.
 ᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.
 ᐃᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.
 ᐃᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ.

It's ok to feel tired. You have been on a long, rough journey. Don't be hard on yourself. You're discovering a new way to rest.

Just remember that every moment that you are substance-free means that YOU ARE HEALING.

- Emily Jane Henry

Qanuinnittuq taqasimaluni. Akunialuk
 aksurunaqtukkuuqsimavutit. Ilinnik
 aksuruqtinngillatit. Qaujivalliaaliqputit
 nutaamik taqaiqsirunnarnirmik.
 Puiguqtailigit qangatuinnattiaq
 aangajaarnaqtuqtuqattarunniiruvit
 tukiqaqpuq makippalianirnik.

- Emily Jane Henry

ᐱᓂᓂᓂᓂᓂᓂᓂ

Breathe

Aniqsaaqturniq



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Breathe

Aniqsaaqturmiq

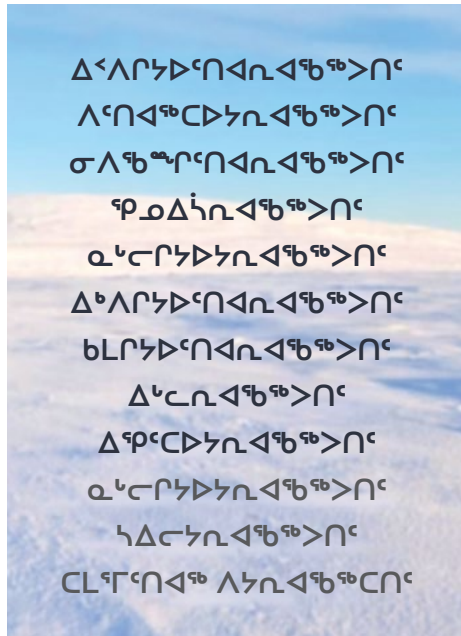


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Breathe

Aniqsaagturniq

Lined writing area with horizontal lines for text input.



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ᐱᑦᑲᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᓂᐱᑦᑲᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᑦᓱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᓂᑦᑲᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐃᑦᐱᓂᑦᑲᓂᓂᓂᓂᓂᓂᓂᓂ
ᑲᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐃᑦᑲᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐃᑦᓱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᓂᑦᑲᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
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You deserve Softness
You deserve Kindness
You deserve Stillness
You deserve Patience
You deserve Love
You deserve Respect
You deserve Care
You deserve Laughter
You deserve Hugs
You deserve Compassion
You deserve Peace
You deserve it all

Ippigijauttairiaqaqputit
Pittiaqtaujariaqaqputit
Nipiqanngittiariciaqaqputit
Qinuisaariaqaqputit
Nalligijaujariaqaqputit
Ikpigijauttiariaqaqputit
Kamagijauttiariaqaqputit
Iglariaqaqputit
Iqittaujariaqaqputit
Nalligijaujariaqaqputit
Sailimariaqaqputit
Tamarmittiaq pijariaqaqputit



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Breathe

Aniqsaagturniq



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Breathe

Aniqsaaqturniq



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ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ

Forgiveness doesn't excuse their behaviour. Forgiveness prevents their behaviour from destroying your heart.

*Isumagijunnaiqsiniq
pinngijjutaujunnangilaq
iliqqusirijarnut.
Isumagijunnaiqsiniq
nuqqaqtittivakpuq
iliqqusirijanginnik
surainirmik uummatinnik.*

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Breathe

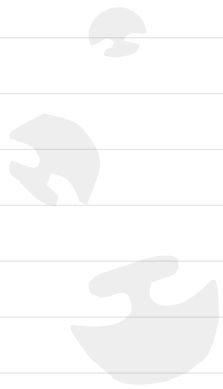
Aniqsaaqturniq



If trauma can be passed down throughout generations then so can healing. That is what you are doing. Your ancestors are celebrating this brave journey you are on.

The answer is you.

*Quaqsaqsimaniq
kinguvaariinut
tunijaujunnaqpat,
mamisarnirlu taimaikkivuuq.
Taimailiuqtasi. Sivulisi
quviasugutiqaqput
tamatuminga
kappiasunngiksutik
namunngaauvallianirijarnik.
Kiujjuti ivvit.*





ᐱᓂᓴᓴᓴᓴᓴᓴᓴᓴ

Breathe

Aniqsaagturniq



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Breathe

Aniqsaaqturniq



ᐃᓂᓃᓴᓃᓃᓂᓃᓂ

Breathe

Aniqsaaqturniq



ᐱᐃᓂᓃᓴᓂᓂᓂᓂ.

ᐱᓕᓂᐃᓂᓂᓂᓂᓂ ᐱᐃᓂᓃᓂ

ᓂᓴᓴᓂᓂᓂᓂᓂᓂ.

ᐱᓂᓂᓂᓂᓂᓂᓂ.

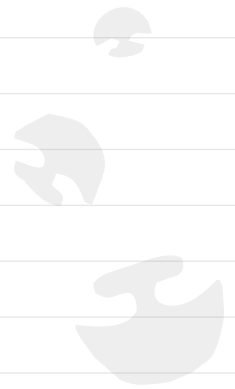
You are not done. You are a beautiful work in progress and have so much more to become.

You Matter.

Pianingittutit.

Pilirianirijait piuvut kajusivalliatugu.

Pimmariuvutit.



A series of horizontal lines for writing, spanning the right side of the page.

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Breathe

Aniqsaagturniq



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Breathe

Aniqsaaqturniq



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ᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ,
ᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ
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ᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ?

What if this year you spoke to yourself with the same loving kindness, understanding, and compassion as you do to those you love the most?

*Qanurli tamatumani
arraagumi ilunnut
uqallalauruvit ajjittiangani
nalligusunnirmik,
tukisiumanirmik ammalu
ikpigusuttiarnimik
taikkununga
nalligilaarijarnut?*



A large grid of dotted lines for handwriting practice, consisting of 20 columns and 20 rows.



ᐱᓂᓐᓂᓐ ᐱᓂᓐᓂᓐ

Breathe

Aniqsaagtunig



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Breathe

Aniqsaagturmiq

Handwriting practice lines consisting of 20 horizontal lines.



ᐱᐅᐅᐅᐅᐅᐅᐅᐅ

Breathe

Aniqsaaqturniq



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ᐱᐅᐅᐅᐅᐅᐅᐅᐅ
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ᐱᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ

You Matter.
You are Loved.
You are Not Alone.
Reach out for Support.

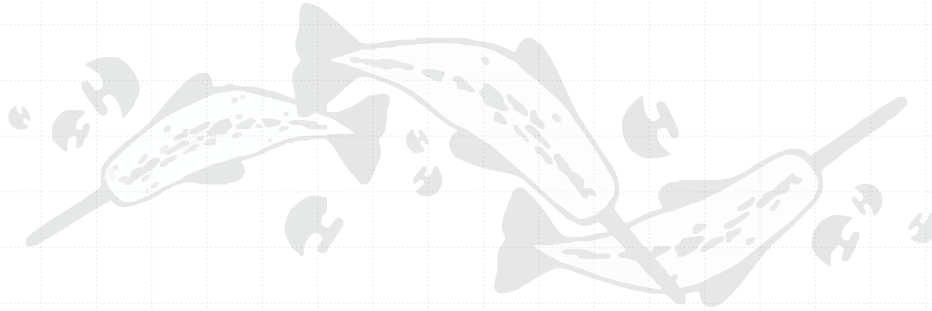
*Pimmariuvutit
Nalligijauvutit Inutuunngilati
Ikajuqtaugumagunnaqtutit*



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Breathe

Aniqsaaqturmiq



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Breathe

Aniqsaaqturniq



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ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ.
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You are deeply loved. More than you can ever imagine. Even if you feel alone at times, you never are.

*Aksualu nalligijauvutit.
Isumagijunnaqtarni
anginiqsauvuq.
Inutuujuujaaruvit
inutuunngilatit.*



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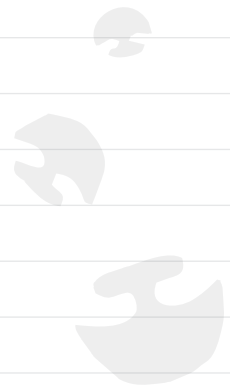
Breathe

Aniqsaaqturniq



If you water yourself, you will bloom.

*Imminik kamatsiaruvit,
piruqpallianiaqputit.*





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Breathe

Aniqsaaqturniq

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Breathe

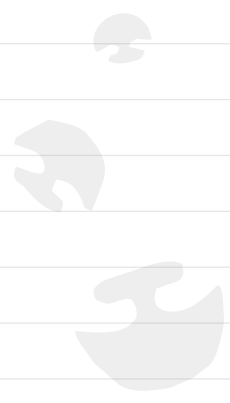
Aniqsaaqturmiq



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Do more things that make you forget to check your phone.

Pilirikkanniqpallutit
puiguqtittavattunik
qaujigiariksaq
uqaalautinnik



Lined writing area with horizontal lines.

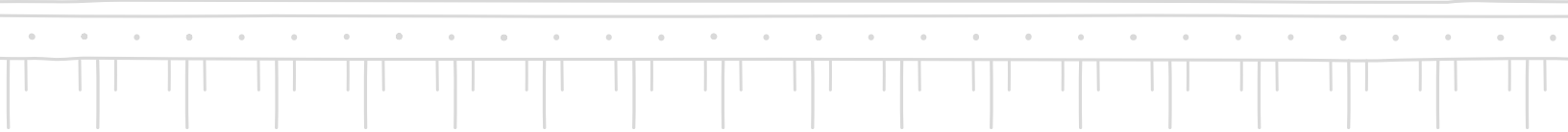
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Breathe

Aniqsaagturniq

Lined writing area with horizontal lines.





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Breathe

Aniqsaaqturniq

Handwriting practice area with 18 horizontal lines.



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Breathe

Aniqsaaqturniq

Lined writing area consisting of horizontal lines for text entry.



No one is you and that is your power.

Kinatuinnaq ivviunngila tamanna sannginirijait



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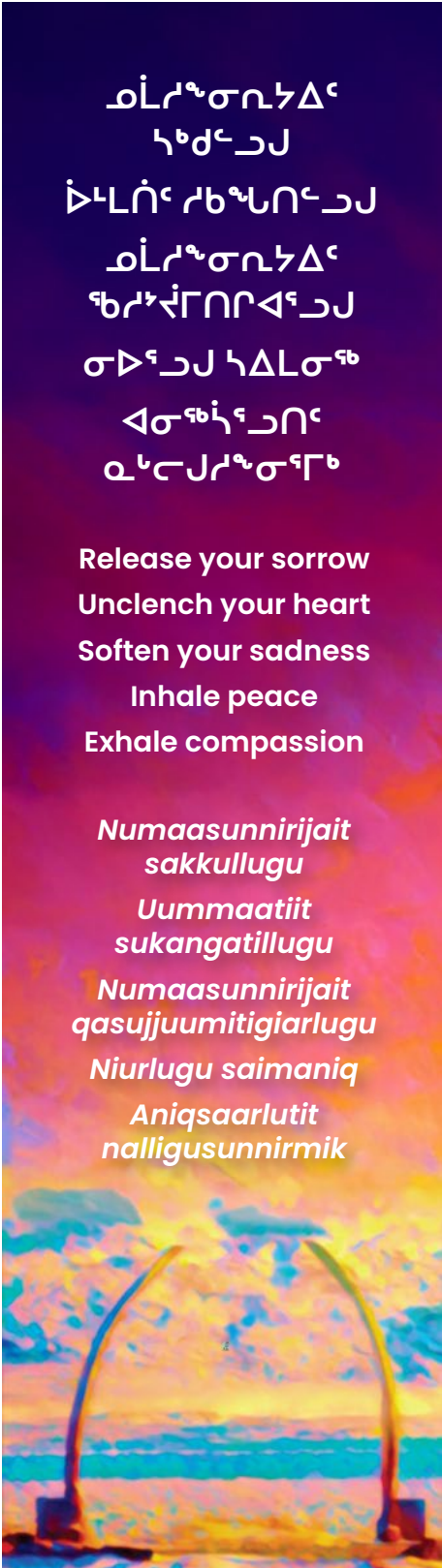
Breathe

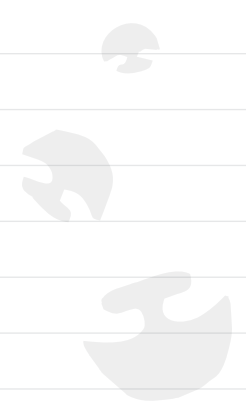
Aniqsaaqturniq

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Release your sorrow
 Unclench your heart
 Soften your sadness
 Inhale peace
 Exhale compassion

Numaasunnirijait
sakkullugu
Uummaatiit
sukangatillugu
Numaasunnirijait
qasujjuumitigiarlugu
Niurlugu saimaniq
Aniqsaarlutit
nalligusunnirmik





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Breathe

Aniqsaaqturniq

Lined writing area with 25 horizontal lines.



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Breathe

Aniqsaaqturmiq



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Breathe

Aniqsaaqturniq



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The love you give will come back to you multiplied.

*Nalligusunnirivattait
ilinnu utilaaqtuq
anginirsammariuluni*



◀σ^ᖃᖅᓵ^ᖃᓵ^ᖃσ^ᖃ

Breathe

Aniqsaaqturniq

CL^ᑭᑭ ▶σ^ᖃᓵ^ᖃ◀^ᖃ<ᖃ

Δ^ᖃᖃᖃ▶Lᓵ^ᖃ:

- σ^ᖃᓵ^ᖃᖅᓵ^ᖃ◀ᖃᖃᓵ^ᖃσ

- ᓵ^ᖃᓵ^ᖃᖅᓵ^ᖃᖅᓵ^ᖃᖅᓵ^ᖃᖅᓵ^ᖃ

- ᑭ^ᖃᖅᓵ^ᖃᖅᓵ^ᖃᖅᓵ^ᖃ

- CL^ᑭᑭ

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- CL^ᑭᑭ ▶σ^ᖃᓵ^ᖃ◀^ᖃ>ᖃᖃ

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I will get through this by remembering:

- To take Deep breaths

-I am not my anxiety

-I am loved

-This will not last forever

-This will pass and I will feel happy again

Je vais m'en sortir à ma manière :

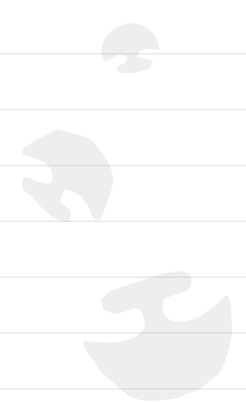
Je respire profondément

Je suis aimée

Je sais que ça va passer et que je pourrai de nouveau trouver le bonheur

J'accepte que ça ne durera pas éternellement

Je ne suis pas mon anxiété



A series of horizontal lines for writing, spanning the right half of the page. The lines are evenly spaced and extend from the left margin to the right edge.

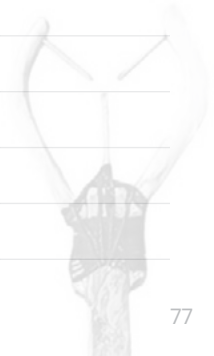


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Breathe

Aniqsaagturniq

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Breathe

Aniqsaagturniq



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Breathe

Aniqsaaqturniq



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Sometimes the most productive thing you can do is rest.

Ilaannik
pilirittialaangujunnaqputit
taqaiqsirlutit

ᐱᓂᓐᓂᓐᓂᓐᓂᓐᓂᓐ

Breathe

Aniqsaaqturniq



What if this year you took a moment everyday to receive the loving kindness, understanding, and compassion from those that love you the most?

*Taimali tamatumani arraagumi
 piviksaqarniruvit qautamaat
 nalligusunnirmik,tukisiumanirmik,
 ammalu nalligusunnirmik
 taikkunungat
 nalligusunniqpaanik?*

A large rectangular area with a light gray dotted grid pattern, intended for writing or drawing.

ᐱᓂᓴᓴᓴᓴᓴᓴ

Breathe

Aniqsaaqturmiq



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Breathe

Aniqsaagturniq



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Breathe

Aniqsaagturniq

Horizontal lines for handwriting practice.



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ᐆᓂᓂᓂᓂᓂᓂᓂ ᐆᓂᓂᓂᓂ

It isn't weak to ask for help.
It's like using a flashlight
when you're lost in the dark.

Sanngiittuunngilaq
ikajuqtaujumalini. Suurlu
ikittaqtumik atuqsuni
asiumalluni taatumi



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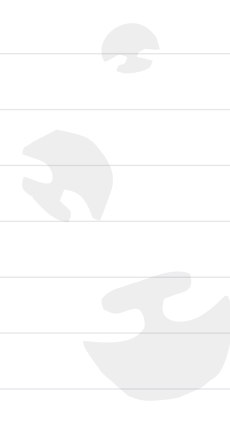
Breathe

Aniqsaaqturniq



Just wanted to remind you
that the world is a better
place with you in it.

*Iqqaitittijumatuinnaqtunga
nunarjuaq piuniqsaummat
taggautilluti.*



ᐱᐅᓂᓂᓂᓂᓂᓂᓂᓂ

Breathe

Aniqsaagturniq



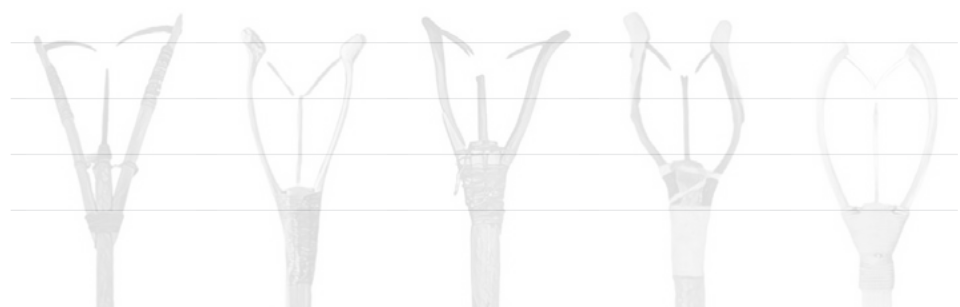


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Breathe

Aniqsaaqturniq

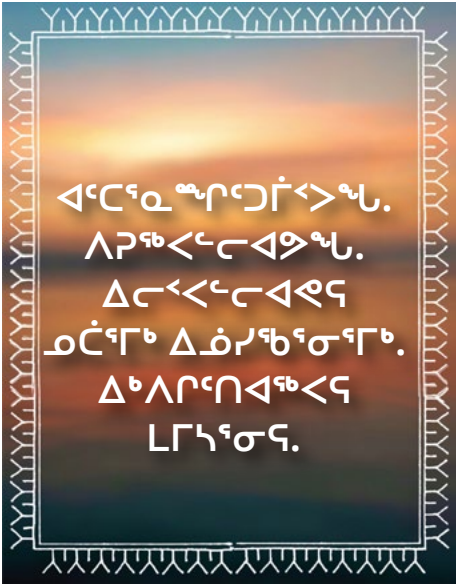
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Breathe

Aniqsaaqturniq



I am safe. I am growing.
 I am learning a new way
 of life. I am gentle with my
 healing.

*Attarnanngittumiippunga.
 Piruqpalliavunga.
 Ilippalliavara nutaarmik
 inuusiqarnirmik.
 Ikpigittiaqpara mamisarnira.*

A series of horizontal lines for writing, with a faint illustration of a person's profile on the right side.

ᐱᓂᓂᓂᓂᓂᓂᓂᓂ

Breathe

Aniqsaagturmiq

Lined writing area with horizontal lines for text entry.



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Breathe

Aniqsaagturmiq



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Breathe

Aniqsaaqturniq



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 ᐱᓂᑲᑦ ᑲᑲᑦ ᓂᓂᓂ,
 ᐱᓂᑲᑦ ᑲᑲᑦ ᓂᓂᓂ,
 ᐱᓂᑲᑦ ᑲᑲᑦ ᓂᓂᓂ

If trauma can be inherited
 from one generation to
 the next, then so can love,
 resilience, and wisdom.

*Quaqsaaqsimaniq
 kinguvaariinut
 pijaujunnapat,
 nalligusunniq,
 aniguijunnarniq, silatunirlu
 pijaujunnaput*



ᐱᓂᓃᓂᓃᓂᓃᓂᓃᓂ

Breathe

Aniqsaagturniq





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Breathe

Aniqsaagturniq

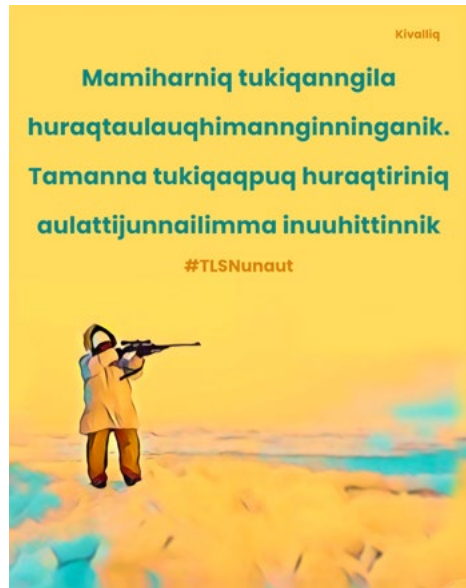


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Breathe

Aniqsaagturmiq

Lined writing area with horizontal lines for text entry.



Healing doesn't mean the damage never existed. It means the damage no longer controls our lives.



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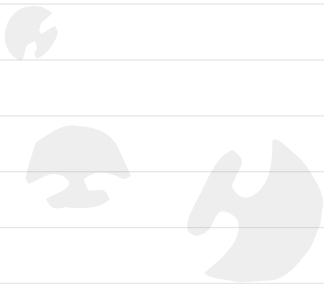
Breathe

Aniqsaaqturniq

Handwriting practice lines on the left side of the page.



Handwriting practice lines on the bottom right side of the page.



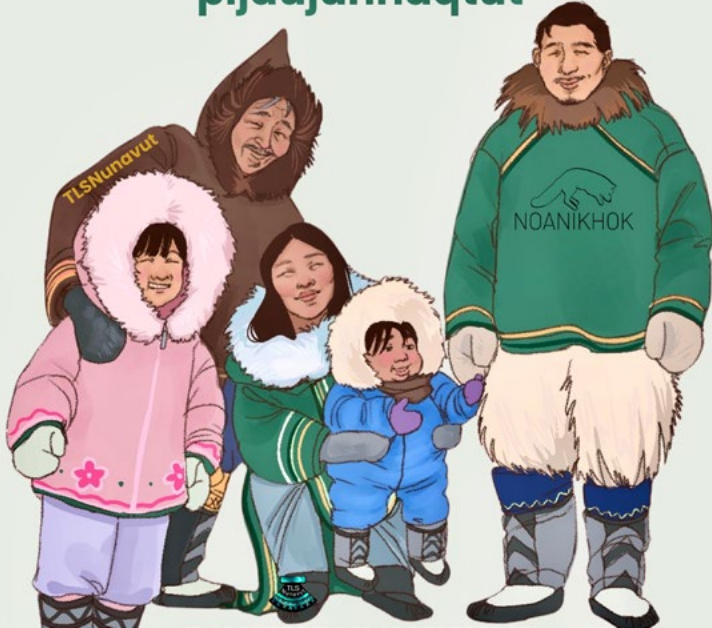
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Breathe

Aniqsaaqturniq

**Quaqhaaqhimaniq
kinguvaariinnut
kinguvaarijaujunut
pijaujunnaqpat, nalliguhunniq,
aniguijunnarniq, hilatunirlu
pijaujunnaqtut**

Kivalliq



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Breathe

Aniqsaaqturniq



Kivalliq

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- ᐱᓴᓴᓴᓴᓴᓴᓴᓴᓴ

#TLSNUNAVUT
Border by @annisydesigns

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Breathe

Aniqsaaqturniq





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Breathe

Aniqsaagturniq



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Breathe

Aniqsaagturmiq



**Ahiujigaangatta nagligijattinnik,
 tautugaqalluanngilagut
 inuunirmik pitaqanngitillugu,
 kihiani iqqaumaluta
 naglingnirilauqtanganik
 uvattinnu
 #TLSNunavut**



ᐃᐅᓃᓇᓴᓃᓇᓂᓃᓇ

Breathe

Aniqsaaqturniq



LOVE Trust PEACE The world is a better place with me in it GRATITUDE
 I AM HEALING I am loved AJUNNGIPPUTIT
 ᐱᓂᓃᓃᓇᓂᓃᓇ Identity YOU ARE NOT YOUR MISTAKES
 ᐃᓂᓃᓃᓇᓂᓃᓇ Pimmariuvutit ᐃᓂᓃᓃᓇᓂᓃᓇ ᐱᓂᓃᓃᓇᓂᓃᓇ
 I deserve to be happy IT'S OKAY TO ASK FOR HELP
 ᐱᓂᓃᓃᓇᓂᓃᓇ This will pass and I will feel happy again
 IT'S OKAY TO SAY NO ᐃᓂᓃᓃᓇᓂᓃᓇ
 I AM BRAVE ᐃᓂᓃᓃᓇᓂᓃᓇ
 ᐃᓂᓃᓃᓇᓂᓃᓇ INSPIRED ᐃᓂᓃᓃᓇᓂᓃᓇ
 ᐃᓂᓃᓃᓇᓂᓃᓇ #TLSNunavut ᐃᓂᓃᓃᓇᓂᓃᓇ
 FAITH ᐃᓂᓃᓃᓇᓂᓃᓇ
 Hope ᐱᓂᓃᓃᓇᓂᓃᓇ ᐃᓂᓃᓃᓇᓂᓃᓇ
 KINDNESS ᐃᓂᓃᓃᓇᓂᓃᓇ
 It is okay to start again ᐃᓂᓃᓃᓇᓂᓃᓇ

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ᐱᓂᓴᓴᓴᓴᓴᓴ

Breathe

Aniqsaaqturniq



ՏՊՎՅՈՐԸ **Kivalliq**
ԴՆՏԳՊՈՂԵ ԱՆՈՎՅԵՆԵՐԵՐ



ՎՉԵՎՅԵՆ
ԿՃՏՏԻՄ



ՁԿԼԵՅ
ՃՏԵԺՂԵԿԵՐ



ՔՅՏՈՐՏ
ՇԼԵՏՈՒՎՅԵՐԵՐ
ՅԵՃՅԵՎՇՏՏԻՄ
ՔՁԼԵՆԵՐ



ԵՉԴ,
ՃՂԵՎՈՅԵՆ
ԵՐՏՏ
ԱՆՈՎՅԵՆՅԵՆ
ԼՏԼՈՎՅԵՐԵՐ



ԱՆՈՎՅԵՆՅԵՆ
ՎՅԵՆՅԵՐԵՐ
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ԿՇԵՎՅԵՐԵՐ
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Ikpingnianiujut Ihulittarviqanngilat Arnauninganut Arnauninganut

Angutiit
Quaqhaarmimanikkuuqhimavut

Angutiit
Akhururnaqtukkuuqattaqtut

Qanuinnngittuq Angutiit
Ikajuqtaugumaraangata

Angutiit
Pittiaqtaujunnangilat

Angutiit
Nalligijaujariaqaqput



Angutiit
Mamihariaqahuunguvut

Angutiit Atuqattaqtut
Timingata Tauttuanut
Akaunngiliurutaujunik

Angutiit
Ippigihuunguvut

Angutiit
Ikajuqtaujarialiit

Angutiit Qiahuut

 **TLS Nunavut**
Breathe@tlsnunavut.org

 NOANIKHOK

Kivalliq





ΔΥΓΣΒ ΛΓΥΨΒΝΔΝ



ΛΓΥΔΡΨΘΝ ΔΜΨΣ ΔΕΝΨΣΔΣ,
ΔΛΡΨΣ, ΨΔΨΣΣ,
ΨΔΨΣΣΡΣ, ΨΔΨΣΣΡΣΔ



ΛΓΥΔΕΒΒΔ ΡΨΘΝΔΡ ΨΘΝΔΡΔ.
ΔΛ ΔΛΛΨΨ ΨΔΨΔΨΨ
ΡΨΘΝΔΡ ΛΓΥΨΣ

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Breathe

Aniqsaagturniq





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Breathe

Aniqsaagturniq

Lined writing area consisting of approximately 20 horizontal lines.



