



**Kaylie LaPierre**

## **Representation of Wellbeing Through Beadwork**

**Message from the creator:** Throughout the fellowship, thinking about the growth of a flower helped me understand Indigenous wellbeing and the interconnectedness of the four aspects of self. Personally, I view the flower's petals as the four aspects of self, including mental, physical, spiritual, and emotional. As the stem of a flower supports the petals by bringing up nutrients, I view it as the resources and access to culture and resilience. The flower's leaves are essential to produce nutrients for the flower, so I consider it community, friends, and family. Lastly, the soil is what truly determines if the flower survives, so I think of it as the external environment, including determinants, policies, health care, and funding.