This bi-lingual article (Ojibwe and English) describes Anishinaabe teachings about Mina’ig, a tree who helps people overcome deep feelings of sadness, frustration, and anger. Kenneth Johnson, Sr. gave me these teachings before he passed over, and I asked that he be credited on this article with me. The information in this publication is part of my research on Anishinaabe teachings for overcoming/dealing with the effects of colonization and systemic racism.