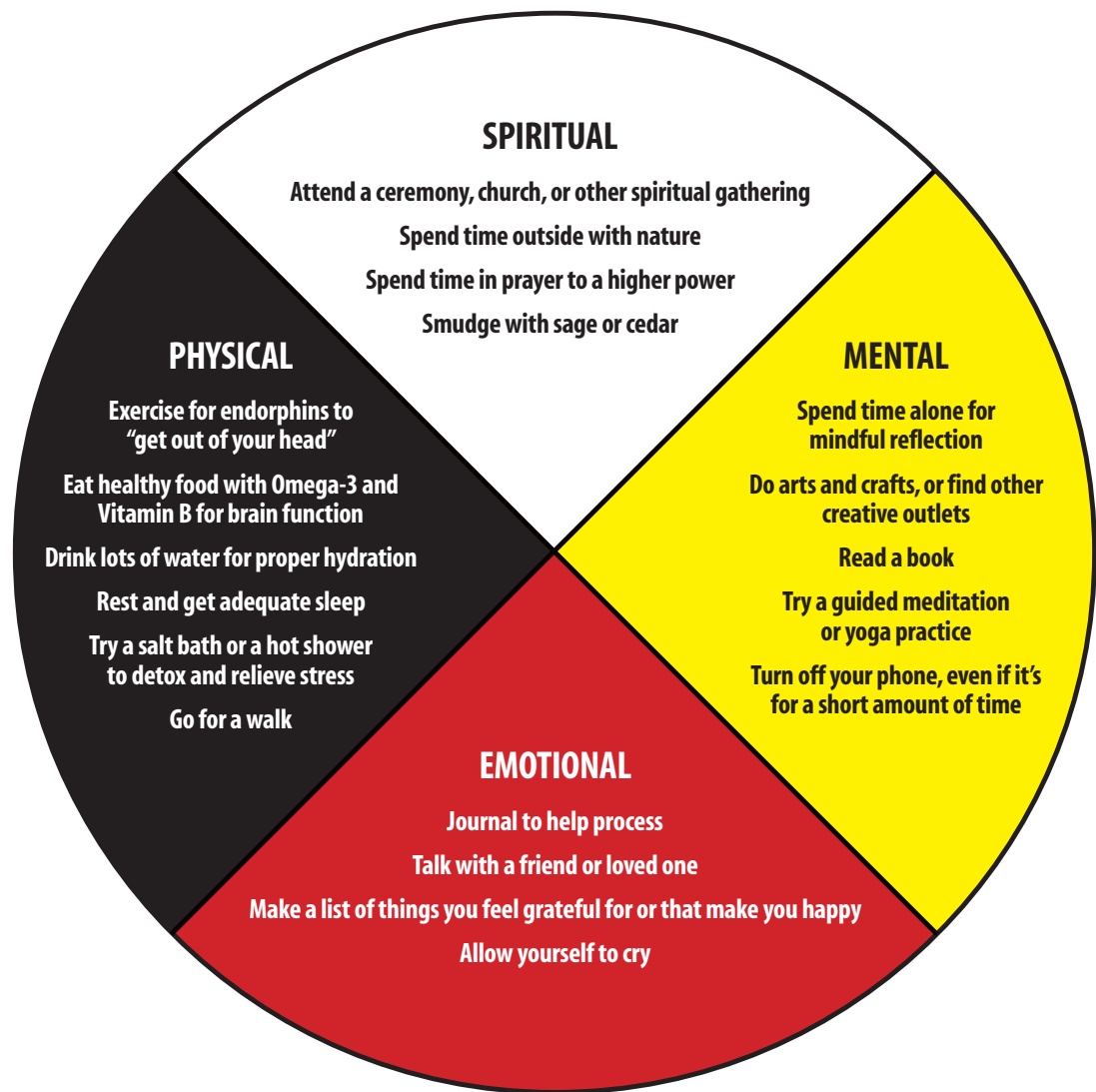


Strategies for Self-Care

Everyone responds differently to being triggered and prefers different types of self-care. While some like quiet solitude, others prefer talking to someone such as a friend, elder, or counselor. Here are some ideas to try if you're feeling anxious, stressed, depressed, panicked, or triggered in any way. Try to do one thing from each quadrant to take care of each aspect of yourself mentally, physically, emotionally, and spiritually. On the following page we have provided contact information for different resources if you are interested in talking with someone immediately or on a long-term basis.

GROUNDING BREATHING EXERCISES TO TAKE YOU OUT OF "FIGHT/FLIGHT" MODE:

1. Relax your left hand in your lap and bring your right hand up to your face. Place your ring finger on your left nostril and your thumb on the right. Close your right nostril and inhale through your left, then close both nostrils and hold your breath for a few seconds. Release your thumb and exhale through your right side, keeping your hand in front of your face. Begin again, inhaling through your right nostril and exhaling through your left. Follow this cycle until you feel more calm and relaxed.
2. As a grounding exercise to bring yourself out of an anxiety or panic attack, try naming 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Breathe deeply, and take in your surroundings, reminding yourself that you are in a safe space.



Resources for Historical and Intergenerational Trauma

As an education and advocacy organization, we strive to find resources that help us understand and address historical and intergenerational trauma on a national scale and to make those available to others. However, we know that there are times when our trauma is triggered, and we need immediate assistance. To address these needs, NABS has compiled a list of resources for both immediate assistance (call or text lines where someone can talk with you immediately) and more long-term care (resources for finding care providers who specialize in treating traumatic stress, anxiety, and depression). While trauma has profoundly impacted our lives and families, we also know that these impacts CAN be reversed through trauma-informed support and care. If you are feeling triggered, panicked, or hopeless, **you are not alone, and help is available.**

In the next year, NABS hopes to add a member forum to our website where boarding school survivors and descendants will be able to communicate with each other. As a community, it's important that we support each other as relatives as we heal from the collective, profound trauma of U.S. Indian boarding schools. In addition, NABS is always willing to visit communities and help educate folks on boarding school history, impacts, and healing or enter into tribal consultation for trauma informed programs or research.

We support healing that is led by tribal nations and Native communities and we aim to support that healing in every way possible. We will be continuing to update this list of resources, so if you are a care provider that works with boarding school survivors and descendants and would like to be added as a resource, please email us at info@nabshc.org.

If you are experiencing traumatic stress, panic, anxiety, depression, or hopelessness, **know that you are not alone and help is available!** This Resource List includes resources for immediate support as well as long-term care.

RESOURCES THAT ALLOW TO SPEAK WITH SOMEONE NOW:

All of these resources are free, confidential, and available 24/7.

- **National Suicide Prevention Lifeline** | 1-800-273-TALK (8255) | Support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals
- **Crisis Text Line** | Text HOME to 741741 | Text with a Crisis Counselor, a real human trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.
- **Veterans Suicide Prevention Hotline** | 1-800-273-TALK (8255), Veterans Press 1 | Text 838255 | Chat online at: <https://www.veteranscrisisline.net> | Connect with caring, qualified responders with the Department of Veterans Affairs.
- **Substance Abuse and Mental Health Services Administration National Helpline** | 1-800-662-HELP (4357) | For individuals and families facing mental and/or substance use disorders.
- **National Sexual Assault Hotline** | 1-800-656-HOPE (4673) | You will be connected with a trained staff member from a sexual assault provider near you.
- **Domestic Violence Hotline** | 1-800-799-SAFE (7233) | Chat online at: www.thehotline.org | For anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

RESOURCES FOR FINDING LONG-TERM SUPPORT:

- The International Society for Traumatic Stress Studies has a “Find a Clinician Directory” that allows you to search mental health care providers based on their specialties and location. The full list is available here: <http://www.istss.org/find-a-clinician.aspx>. Therapists who specialize in work with “minorities” and genocide include:
 - Erin Aronson, PsyD | 19 Court Street, Montpelier, VT 05602
 - Dr. David Baskin | 240 West End Ave, Suite 1A, New York, NY 10023
 - Janet Brodsky, LICSW | 2120 State Avenue NE, Suite 220, Olympia, WA 98506
 - Dr. Beverly Dexter, PhD | 14233 Coeur D Alene Ct, Valley Canter CA 92082
 - Craig Haen, PhD, RDT, CGP, LCAT | 510 North Broadway, White Plains, NY 10606
 - Dr. Heather Holt, PhD, LP | 825 Nicollet Mall, Suite 300, Minneapolis, MN 55402
 - Dr. Geraldine Mapel, PhD | 302 5th Ave Fl 8, New York, NY 10001
 - Prof. Elana Newman, PhD | University of Tulsa, Tulsa, OK
 - Rebecca Ohler | 101 SW Main St Suite 1700, Portland, OR
 - Charles Portney, MD | 2336 Santa Monica Blvd #100, Santa Monica, CA 90404
 - Dr. Irene Powch, PhD | Portland, OR
 - Paulette Sewell-Reid | 10 Mazzeo Drive Suite 214, Randolph, MA 02368
- The Minnesota Trauma Project has a list of therapists who have completed advanced training in at least one model of trauma treatment. The full list, including care provider bios, can be found here: <https://www.mntraumaproject.org/mn-trauma-therapist-directory> Therapists who specialize in work with Native American communities include:
 - Jay Hunter, MA, LMFT (Muskogee Creek) | 651-269-0485 | www.soaringeagletherapy.com | 241 Cleveland Ave S, Suite B-5, Saint Paul, MN 55105
- Therapists who specialize in historical trauma/racial trauma include:
 - Theresa J. Crawford, LMFT | 612-298-1835 | www.crawfordtherapy.com | Minneapolis and Bloomington locations
- The Sidran Institute for Traumatic Stress, Education, and Advocacy Help Desk is a confidential resource that helps connect you with a specialized trauma center near you based on your needs. It is not a help desk and does not provide direct counseling. | 410-825-8888 Ext. 102 | Email tripsnu@nova.edu |
- The Association for Behavioral and Cognitive Therapies has a “Find a Therapist Directory” that allows you to search within providers who use behavioral and cognitive therapies. The full list is available here and is searchable by location: <http://www.findcbt.org/xFAT/index.cfm>.
- The Anxiety and Depression Association of American has a “Find a Therapist Directory” that allows you to search within providers that specialize in anxiety, depression, OCD, PTSD, and related disorders. The full list is available here and is searchable by location: <https://members.adaa.org/page/FATMain>.