



HEALING-INFORMED RESOURCES FOR SELF-CARE



**The National Native American
Boarding School Healing Coalition**

HEALING-INFORMED RESOURCES FOR SELF-CARE



The National Native American Boarding School Healing Coalition (NABS) has developed the following resources for Indian boarding school survivors and family members who are experiencing trauma and are in need of assistance. There are tools for online, text and phone hotlines, grounding exercises, strategies for self-care, and tips for survivors loved ones.

While trauma has profoundly impacted our lives and families, we know that these impacts can be reversed through **healing-informed** support and care.



Immediate Assistance

All of these resources are free and confidential.

- **Indian Residential School Survivors Society - Lamathut Crisis Line**
Call 1-800-721-0066 | 24-Hour Crisis line supports emotional, mental, and spiritual development, along with healing and recovery, through culturally-based values and guiding principles for survivors, families and communities in British Columbia and beyond.
- **StrongHearts Native Helpline** | Call 1-844-7NATIVE (762-8483)
StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.
- **The 988 Suicide & Crisis Lifeline** | Call or text 988 | The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



Immediate Assistance (Continued)

- **Crisis Text Line** | Text HOME to 741741 | Text from anywhere in the United States, anytime. Crisis Text Line is available for any crisis. A live, trained Crisis Counselor receives the text and responds from a secure platform to help you move from a hot moment to a cool moment.
- **Veterans Crisis Line** | Call 988 then press 1 | Text 838255 | Chat online at www.veteranscrisisline.net | Connect with caring, qualified responders with the Department of Veterans Affairs. You don't have to be enrolled in VA benefits or health care to call.
- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** | Call 1-800-662-HELP (4357) SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year hotline for individuals and families facing mental and/or substance use disorders.
- **National Sexual Assault Hotline** | Call 1-800-656-HOPE (4673) Chat online at online.rainn.org | Whether you're looking for support, information, advice, or a referral, a trained support specialist is ready to help 24/7.
- **National Domestic Violence Hotline** | Call 1-800-799-SAFE (7233) Text "Start" to 88788 | Chat online at www.thehotline.org | For anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.





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GROUNDING EXERCISES



GROUNDING EXERCISES

Grounding Exercise #1

BREATHING EXERCISE TO TAKE YOU OUT OF “FIGHT/FLIGHT” MODE

- Relax your left hand in your lap and bring your right hand 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.
- 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, closing both nostrils, and exhaling through your left.
- Follow this cycle until you feel calmer and more relaxed.

Grounding Exercise #2

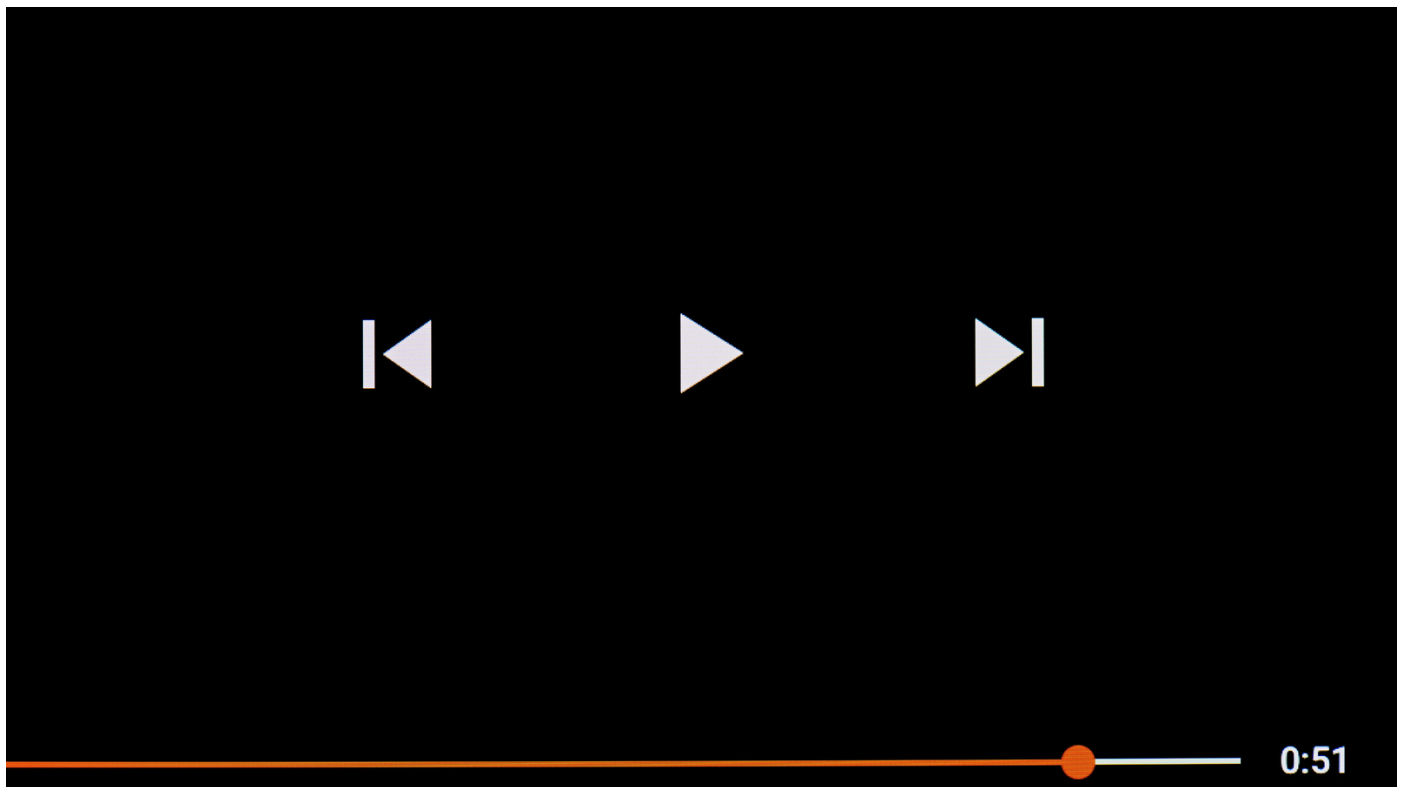
GROUNDING EXERCISE TO BRING YOU OUT OF ANXIETY OR PANIC ATTACK

- Sit up straight with both feet on the floor
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
- Breathe deeply, and take in your surroundings, reminding yourself that you are in a safe space.



GROUNDING EXERCISES

Breathing Exercise with Dr. Michael Yellow Bird

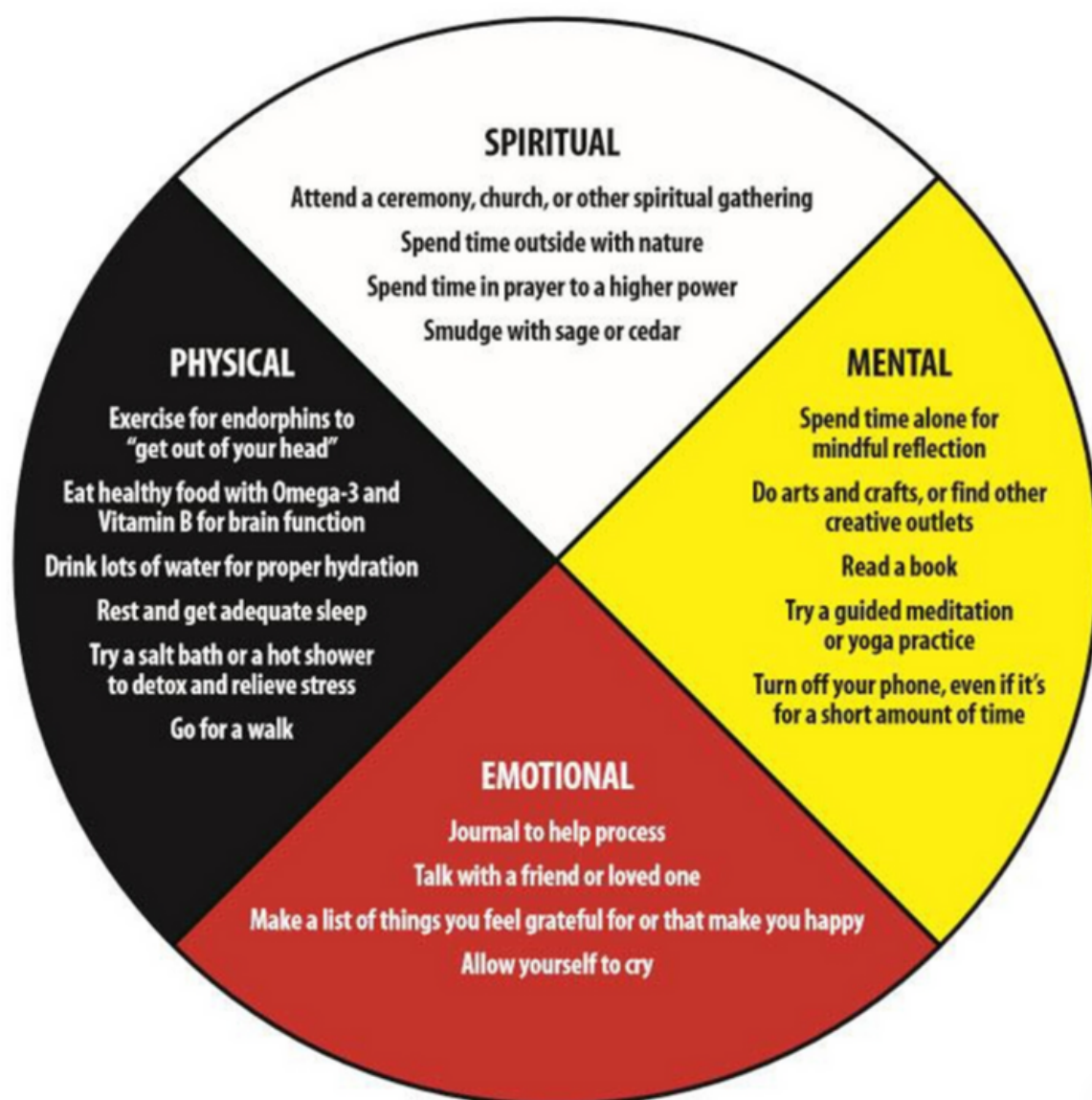


[Click Here](#)



Strategies for Self-Care

Everyone responds differently to being triggered and prefers different types of self-care. 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.



Resource for Survivors Family and Friends

Tips and best practices to support survivors experiencing trauma.

- Ask
 - You seem upset. Would you like to talk about it? How can I help?
- Listen
 - Give them time - let them respond at their own pace.
 - Give them your full attention.
 - Display open body language, like turning your body toward them, relaxing your face, or keeping your arms and legs uncrossed.
 - Avoid distractions, like playing with your phone or thinking about other things you need to do.
 - Nod along with their words or make noises of agreement instead of interrupting.
 - Ask for clarification when you don't understand something.
 - Summarize what they've said to show you have a good grasp of the situation.
- Validate
 - "I'm sorry that happened to you."
 - "I understand why you are upset."
 - "Is there anything I can do to help?"
- Avoid Judgment
 - Focus on empathy.
 - Don't dismiss their experiences.
- Avoid offering advice
 - "Have you felt like this before? What helped?"
- Authentic response
 - It can be scary to hear someone in emotional distress. The best support is an authentic response of love, support and validation.
 - Express supportive words like, "I am sorry this happened to you."
 - Be calm and sit quietly with your loved one, offer sips of water. This in itself is healing.



FOR INDIGENOUS YOUTH

Coping Skills

Below is a list of tools that Indigenous youth can use when life gets tough.

- Smudge yourself
- Pray
- Attend or participate in a ceremonial dance
- Attend Inipi (sweat), church, or other spiritual gathering
- Visit with a spiritual adviser
- Make tobacco ties
- Learn how to pick sage, cedar, etc.
- Pick sage, cedar, etc.
- Visit with an elder
- Learn about your family tree
- Learn about your family name
- Read and learn about your tribe and its history
- Learn about your tribe's oral stories
- Learn about ceremonies from a respected community leader or elder
- Bead. Earrings, headbands, moccasins
- Learn how to do quillwork
- Sew. Star quilts. Sweat dress/skirt.
- Learn to make moccasins
- Learn how to and make regalia
- Learn to dance (jingle, traditional, grass, ie)
- Learn the history of our dances
- Create art. Draw. Paint. Doodle.
- Craft
- Cook
- Bake
- Journal
- Read a book
- Write a book. Write a poem. Write a song.
- Learn about fishing or hunting with a male relative or community leader
- Volunteer to help clean your local church, nursing home, etc.
- Pull weeds and/or help clean a local cemetery
- Do chores. Help your tunwin (aunt), unci (grandma), and ina (mama).
- Garden. Plants flowers, vegetables, or both. Start small.
- Write a letter to a loved one
- Call a loved one
- Read stories to younger children
- Volunteer time for a Native organization
- Join a youth group or leadership group
- Learn about and how to make traditional foods.
- Eat a healthy snack
- Offer some of that healthy food to the spirits.
- Move. Yoga, stretch, run, walk, hike, swim, golf, play ball, lacrosse, volleyball, badminton, skip, lift weights
- Drink water
- Drink herbal tea. Try a traditional tea.
- Go horseback riding/learn to ride a horse
- Laugh.
- Play. Build a snowman. Make a fort.
- Learn how to play hand games
- Watch ASMR videos
- Attend a fun event
- Listen to your favorite music. Sing loud and proud.
- Karaoke
- Go take photos
- Watch cat or dog videos on YouTube or TikTok
- Try a Tik Tok dance
- Learn to play guitar
- Go stargazing
- Watch documentaries about Native peoples and histories
- Say the alphabet backwards
- Count backwards by 3s or 7s from 100
- Establish and maintain a daily routine
- Start a gratitude list
- Meditate. Try Calm or Headspace.
- Practice deep breathing
- Try positive self-talk
- Establish a support system
- Cry. It's okay to cry.
- Sleep. Get some rest.

Indigenous youth:

YOU MATTER.

You are cared about.

You are loved. You are not alone.

Ask for help. Silence isn't strength.

Lifeline is available 24/7 at

1-800-273-8255

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