

December 15,2021 | ISSUE 6

The BHWP Messenger

Culturally relevant, evidence-based, and trauma-informed behavioral health and wellness resources for schools, staff, students, and families



Upcoming Talking Circles for December

Thursday, December 16, 2021 Tuesday, December 21, 2021

Virtual Talking Circles are hosted by the Bureau of Indian (BIE) Education Behavioral Health and Wellness Program (BHWP). They are open to any staff or employee working for

a Bureau-operated school (BOS), Tribally controlled school (TCS), Navajo K-12 schools, Southwestern Indian Polytechnic Institute (SIPI), Haskell Indian Nations University (HINU), or any Tribal college and university (TCU), and employees within any BIE department. Space is limited to ensure our team is aligned with best practices to keep group sizes small. <u>Please</u> <u>register here for the next talking circle</u> or watch our <u>Talking Circle PSA</u>.

Wellness and Self-Care for the Winter

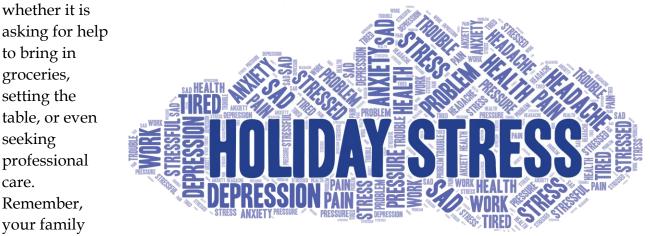
Work, kids, families, and the holiday season are all potential stress inducers, which may lead to anxiety, or even depression. Stress is our body's way of communicating a need for balance and a sense of stability. It is important to take some time and practice good self-care by following a few tips:



Anticipate stressful events and make plans well in advance. Try adding healthy habits to your daily routine, such as staying hydrated, getting plenty of sleep, and adding physical activities to your daily or weekly routine. A wellness first aid kit is an important and helpful resource when you feel anxiety or stress. To learn how to create your own wellness first aid kit, please <u>view our Wellness</u> <u>Moment video</u>.



• Be realistic about what you can and cannot accomplish. The holidays do not need to be perfect, nor do you need to do everything yourself. It is always okay to ask for help,



and friends love you and want the best for you.

- Take time to acknowledge your feelings. Ask yourself, "how am I doing right now?" Stepping away from a stressful situation can help you understand how you are feeling. This simple act can refresh you and allow you to return to your daily life with a more alert mind.
- Create new and calming traditions. Read or share Indigenous stories or legends with your family or listen to Indigenous and cultural music. When we take time to culturally ground ourselves, we may find that our levels of anxiety and stress are reduced.

Additional Resources

If you are experiencing an issue related to mental health or needing additional support, please contact any of the following services.

National Alliance on Mental Illness Helpline:	1-800-950-6264
National Suicide Prevention Lifeline:	1-800-273-8255
National Crisis Text Line:	Text "Native" to 741-741
SAMHSA Disaster Distress Helpline:	1-800-985-5990
StrongHearts Native Helpline (Domestic Violence):	1-844-7NATIVE (1-844-762-8483)
The Trevor Project (LGBTQTS):	1-866-488-7386

Upcoming Wellness Wednesday

To learn more holiday wellness strategies, please register for our upcoming Wellness Wednesday webinar, **"Wellness Strategies for Stress-free Holidays" on December 15, 2021**. During this webinar, you can learn more about wellness strategies you can use during this upcoming holiday season. To register, please follow this link: <u>Register Here</u>.



Meet a member of our BHWP Work Product Team Courtney Fowler, Technical Writer and BHWP Work Product Team Lead



Our featured staff member is Courtney Fowler. She is Mvskoke-Creek and Cherokee and serves as a Technical Writer and Work Product Team Lead for the BIE BHWP team. She is a graduate of Kansas State University (KSU) with a B.A. in Economics and Political Science. She received a Certificate in Technical Writing from California State University, Fullerton, and a Certificate of Digital Marketing from KSU.

"At heart I am a storyteller. I love to tell and share Indigenous stories, and let Indigenous voices speak their experiences, cultural expressions, traditions, music, and stories into the world. It is a privilege every single day to do this work. I practice self-care by

getting outdoors and walking on a daily basis. I love to connect with friends and family over coffee, either in-person or virtually. I believe we all benefit from and need human connection with others."

Indigenous Recipe

When home for the holidays, cooking with family can help you create new memories. Here is one recipe for you and your family to try this holiday season.

Roasted Winter Squash

1 or 2 winter squashes, such as acorn, butternut, or spaghetti ¼ cup olive oil 2 tablespoons salt



Preheat the oven to 350°F. Cut the squash in half lengthwise and remove the seeds. Coat the squash liberally with the olive oil and place it flesh-side-down in a small sheet pan. Coat the outside of the squash with the salt. Bake at 350° for 45 minutes or until tender to the touch. Cool and serve.

We welcome your suggestions for the BHWP Messenger. Contact us at <u>biebhwp@tribaltechllc.com</u>

