



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. [Please register here for the next talking circle](#) or watch our [Talking Circle PSA](#).

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 [view our Wellness Moment video](#).





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."

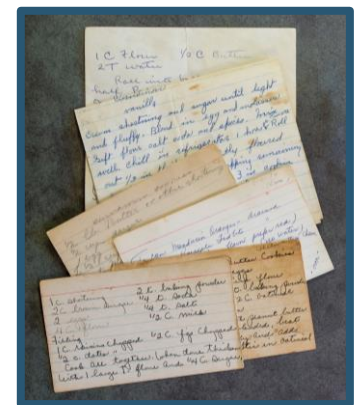
Indigenous Recipe

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 biebhw@tribaltechllc.com