



Self-Care Resources

Below is a list of resources that can be used to help with self-care. Please use any that you may find helpful. These were referred to during the prekindergarten Self-Care Strategies for Navigating Secondary Trauma webinar in December 2024.

- **Bureau Of Indian Education (BIE) Resources** – The BIE Behavioral Health and Wellness Program’s (BHWP) free 24/7 Call Line is now **LIVE** for students and staff members at BIE-funded entities. Students and staff members can contact the 24/7 Call Line at 1-844-ASK-BHWP (1-844-275-2497) and select Option 1 for immediate individual crisis support.
- **Mindfulness Resources** – This [website](#) provides more resources for mindfulness including some guided meditations.
- **Self-Compassion Website** – This [website](#) provides resources and exercises for self-compassion including a [questionnaire](#) that provides self-compassion exercises based upon the results
- **Breathing Tree Podcast** – Mindfulness [podcast](#).
- **Apps for Mindfulness** – [Calm](#), [Headspace](#), and [Insight Timer](#).
- **Travel Atmos** – This is a [YouTube channel](#) with nature scenes including sounds. The video in the webinar came from this YouTube channel.