

# *Self Care Tips for Parents and Guardians*

Self-Care Tips for Survivors of Sexual Assault

Alaska Native Tribal Health Consortium's Sexual Violence Prevention Program



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# Introduction

## Introduction

Traditional Alaska Native practices of gathering and harvesting of plants, fish and animals naturally became a form of self care. Time spent berry picking on the tundra or days filleting salmon to smoke and dry were activities that increased one's sense of joy and brought health. Spending time harvesting increased one's physical activity and added to a sense of wellbeing and connectedness with nature and with family. These practices were often done with family or friends increasing a sense of connection and belonging with each other and to the land in which they gathered on.

## How to Use this Booklet

Read each lesson and ask your girl about their experience with the activity at camp. Encourage them to keep it up at home too. The girl can also teach you how to use the self care tips. The blowing of bubbles is a fun and easy way for breathing.

[www.anthc.org/what-we-do/behavioral-health/domestic-violence-prevention/garden-of-roses-camp-for-girls](http://www.anthc.org/what-we-do/behavioral-health/domestic-violence-prevention/garden-of-roses-camp-for-girls)



## Lesson 1

### Self-care Tip: Participating in Traditional Arts

#### What we will learn:

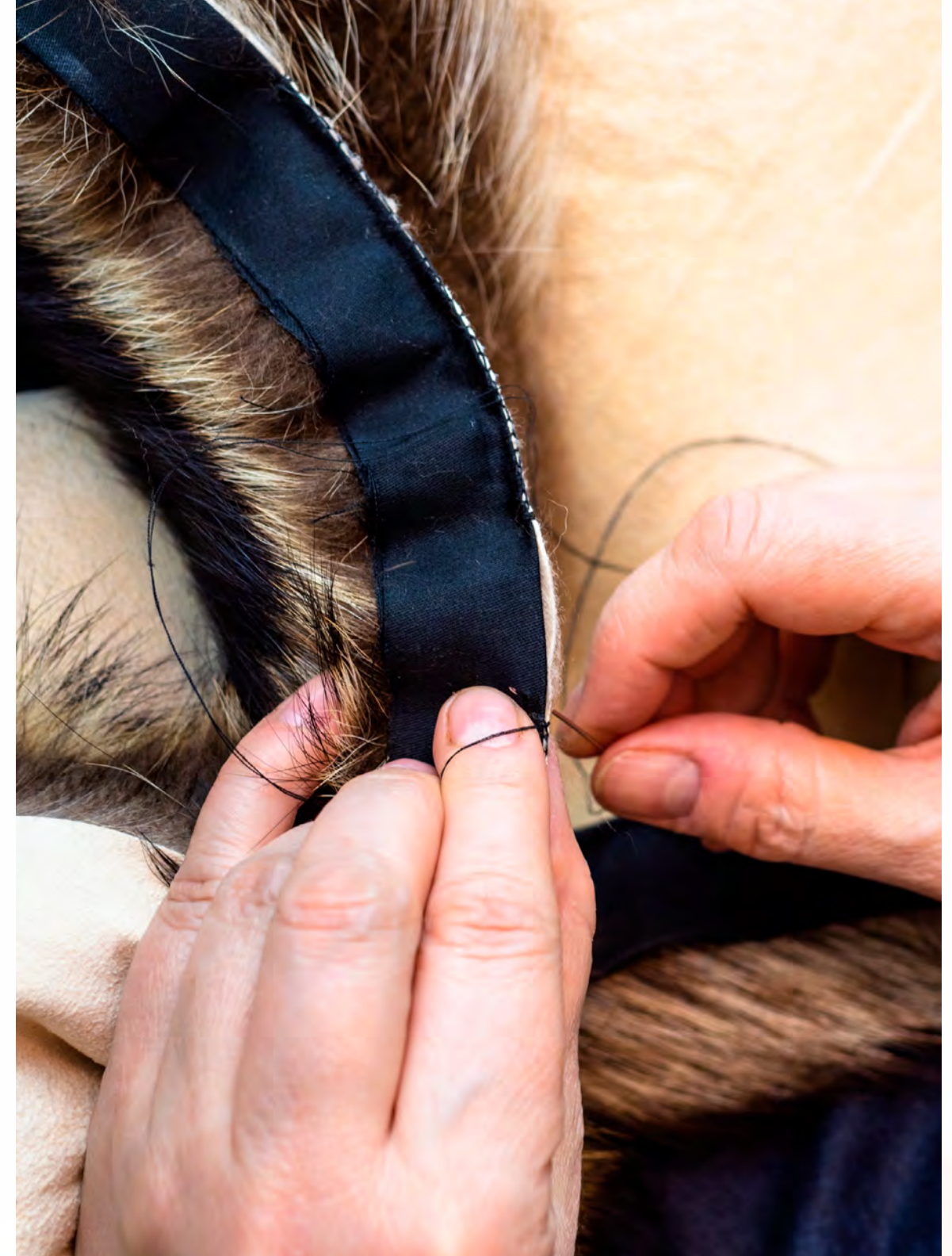
#### Practicing Traditional Arts To Encourage Serenity

Participating in traditional arts allows for reconnection to cultural identity. Traditional arts can include sewing and beading traditional clothing such as fur hats, seal skin boots, and fur mittens. It can also include crafting and carving traditional tools such as knives, snow shoes, and sleds. Engaging in traditional activities promotes the practice of focusing and instills a peaceful mindset while participating in these traditional arts. One focuses on the activity, and this quiets the mind.

#### Elder Quote:

“In the history of our ancestors, much of our practices and traditions were in place to prevent destructive behaviors. The work being done to address community healing today is more like a doorway or pathway that goes to a Sacred Place.”

— Wilson Justin, Athabascan Elder, August 12, 2010



<sup>11</sup> Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 9.



## Lesson 2

### Self-care Tip: Traditional Music and Storytelling

#### What we will learn:

#### Songs And Storytelling To Promote Healing In Alaska Native Communities

Song, dance, drumming, and storytelling are essential parts of the healing process for Alaska Native Tribes. Today, Elders and leaders promote healing in our communities through speaking and expressing the language through song and storytelling. Elders commonly say that when the drum beats, our hearts synchronize, and we become “one.”

#### Elder Quote:

"The real human being is understood by our Elders to mean someone who is present and whole. This is only achieved by moving energy inside so it does not become a stagnant pool of emotions, and this requires following the traditional ways of singing, dancing, drumming, being in nature, doing things outdoors, etc." — Larry Mercurieff, Unangan Elder



<sup>21</sup> Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 70.



## Lesson 3 (Page 63, DSP)

### Self-care Tip: What made me happy today?

#### What we will learn:

#### Journaling To Promote Self-Expression

Journaling is an activity that allows individuals to voice their feelings safely, without having to worry about suppressing their truth. Find time each day to reflect and write about your personal experiences, feelings, ideas, or goals.

Quotes: Dr. Rita Blumenstein says, “the Native way is to understand with your mind, but to also feel and use. There is an important balance between thinking, feeling and doing.”

#### Journaling Activity Prompts:

What made me happy today?

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What were your biggest wins?

a. How did you achieve them?

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In what ways have you been able to overcome difficult situations?

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<sup>3</sup> 1. Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 63.



## Lesson 4

### Self-Care Tip: Maintain or Build Friendships with Peers

#### What we will learn:

#### Engaging With Peers To Create A Sense Of Belonging “Shut Up, Me Too!” Game

“After a traumatic experience, we tend to withdraw ourselves from things that matter to us, including our families, our community, and those who love us most.” Building or maintaining friendships not only allow for a sense of belonging, but allow for better, healthier ways of communication for ourselves and others. Support, boundaries and understanding being some of the more important aspects of friendships.

Garden of Roses offers many activities that allow participants to build relationships with other peers while at camp. One favorite activity is called “Shut Up, Me Too!” Girls start by forming a circle while one stands in the middle. The girl standing in the middle shouts out a statement like I like to sing or I have a pet dog. Another girl might high five her and say, “Shut up, me too!” and then proceed to join the girl in the center of the circle. The girl that joined the center then goes on to tell something she enjoys and the game continues until all have had a chance to be in the middle of the circle. You can try playing this game at home with friends or family.



<sup>4</sup>1. Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 34.

<sup>5</sup>1. Tina Coulston, “Healthy Healers,” Balancing the Body and Mind, (reading, 2021). [ap.u.blackboard.com/ultra/courses/\\_113380\\_1/cl/outline, 7](https://ap.u.blackboard.com/ultra/courses/_113380_1/cl/outline, 7).



## Lesson 5

**Self-Care Tip: Practice soft belly breathing to reduce anxiety and stress levels**

**What we will learn:**

### **Belly Breathing Technique To Reduce Anxiety And Stress**

Belly breathing is a breathing technique that imitates blowing bubbles. This simple skill can be used at any time to help focus on the current and present moment. “When we get anxious or upset or feeling emotional the first thing that gets affected is our breath. That’s what changes. Emotions change how we breathe.” Implementing this exercise helps the user to realize that they have control of their emotions.

**TIP:** Pretend you are dipping a bubble wand into a bubble container. As you bring the imaginary wand to your mouth, take a deep breath in and imagine blowing a big bubble. Repeat.



<sup>6</sup> 1. Linda Chamberlain, “Capacitar Emergency Tool Kit Training,” YouTube, August 24, 2017, [youtu.be/nYepQwtFdS](https://youtu.be/nYepQwtFdS).



## Lesson 6

**Self-Care Tip: Take time to become self-aware & spiritually well**

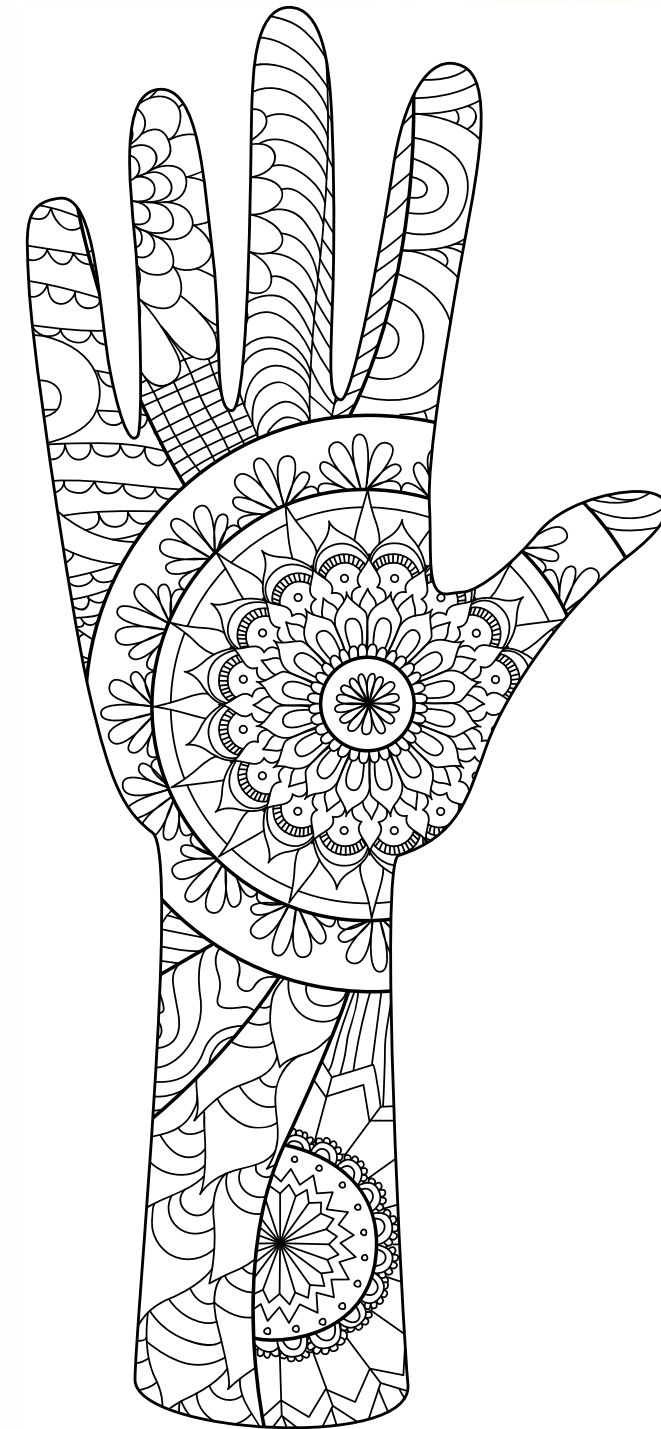
**What we will learn:**

### IDENTIFYING HEALTH AND WELLNESS THROUGH SELF-AWARENESS HAND ART ACTIVITY

Self-understanding and spirituality contribute towards ones' health and wellness. "Ignoring your spiritual health can put you out of balance or cause disconnection, resulting in disease or negative life experiences. For optimal wellness, the mind, body and spirit all need to be properly nourished, supported and exercised regularly."

The hand art activity allows participants to express themselves through creative drawings. This activity entails tracing your hand on a blank sheet of paper. The artist can then use the empty spaces in the hand to draw freely. Each finger can feature a design that communicates something different about themselves.

## Hand art activity



<sup>71</sup> Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 79.



## Lesson 7

### Self-Care Tip: Create a Safe Space

#### What we will learn:

#### How To Create A Visual Safe Space

#### How To Recognize A Safe Person

A safe space should be a setting that someone can go to when they are feeling overwhelmed. “After a traumatic event occurs, symptoms of shock and denial are common.” It is up to the individual to express when and what kind of safe space they need. A safe place can be a person, or a state of mind.

#### Visual Safe Place :

Find a comfortable space free of distractions to settle down and close your eyes. Focus on your breath, and breathe slowly and deeply. Think of a place that makes you feel safe. Focus on the details of the safe place. Slowly return back to the present moment and acknowledge that you can return there again when you would like.

#### Safe Person:

These individuals are someone that you trust and can reach out to. “These should be people who have demonstrated they can handle stressful situations in a positive way. These are individuals you look up to and would like to behave like, in a crisis situation.”

Fill in questions for creating a safe space:

Where do you feel most comfortable?

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Who is someone that you trust?

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What positive activities do you turn to when stressed?

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<sup>8</sup> Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 39.

<sup>9</sup> “Mental Health Awareness Month,” Alaska Native Tribal Health Consortium, May 22, 2023, <https://www.anthc.org/mentalhealthawareness/>.

<sup>10</sup> Tina Coulstion, “Healthy Healers,” Balancing the Past and Present, (reading, 2021), 17.



## Lesson 8

### Self-Care Tip: Water is Healing

#### What we will learn:

#### Water Heals In Multiple Ways How To Track Water Intake

Water is sacred to Alaska Natives. “From ceremony to subsistence to recreation, water is part of our tradition” Water heals you and prevents dehydration. Washing with cool water can help prevent picking up pain. “Always wash or rinse your hands with some cool water [...] after rinsing with cool water, wash with warm water and soap for healthy therapeutic practices.” Along with using water to cleanse, it is recommended to drink “at least 8 glasses [of water] a day” to stay hydrated.



<sup>11</sup>1. “Celebrating Water Culture,” Tribal Water Center, July 22, 2021, [tribalwater.org/water-toolkit/tribal-leaders/celebrating-water-culture](https://tribalwater.org/water-toolkit/tribal-leaders/celebrating-water-culture)

<sup>12</sup>1. Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 67.

<sup>13</sup>1. Emily D. Autenrieth and David E J R., Doorway to a Sacred Place: Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices: A Guide for Behavioral Health Aids and Caregivers in Rural Alaskan Communities (Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014), 67.



## Lesson 9

### Self-Care Tip: Social Justice Stretch

What we will learn:

#### How To Refocus And Untangle The Mind Stretching Exercises

When under stress, it is easy for someone to bring up past events and “overthink or over-analyze” what happened. It can be challenging to refocus and shut off the negative chatter. Social justice stretches help to refocus and untangle the mind.

Try this exercise by following the steps below.

Reach down to the power of the grass roots (touch your toes)

Reach up to the sky for inspiration (reach your arms up in the air)

Stomp out injustice (stomp your feet on the floor)

Move in the winds of change (with arms out to the side, twist your torso from left to right)

Reach out for support from friends and loved ones (stretch arms out to the left and right)

Pull in words of encouragement (give yourself a big hug)

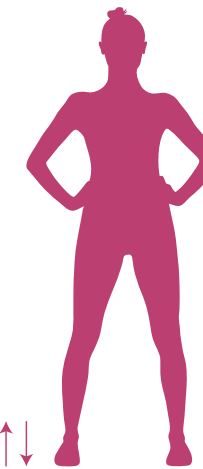
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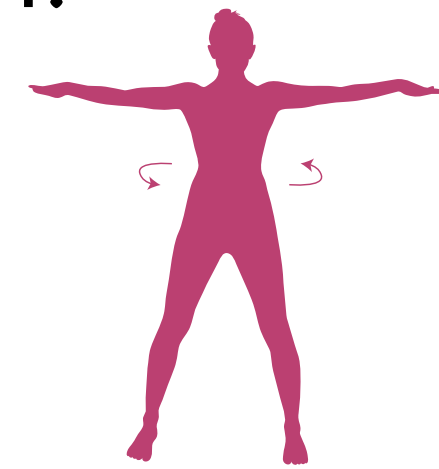
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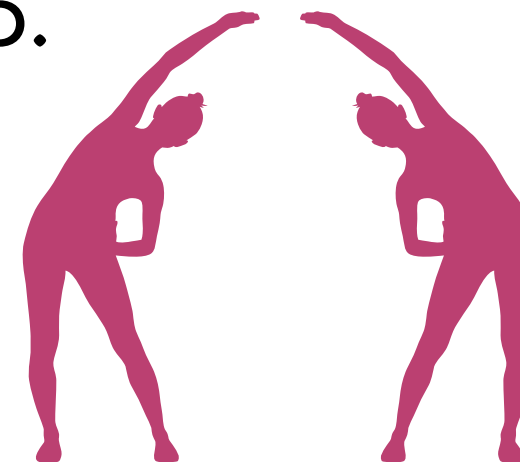
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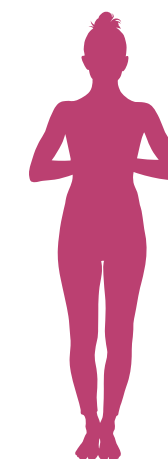
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5.



6.



<sup>19</sup> Parameters: perfect for a group from two to infinity! Tone Singing Have each person close their eyes release sound on a different tone. (“Om” or “Ooooooooo”). Hold the tones as long as possible, Dorothy May Emerson, and John Shelby Spong. “Energy Breaks.” UUA.org, January 28, 2015. [uua.org/youth/library/deepfun/45594.shtml](http://uua.org/youth/library/deepfun/45594.shtml).

## Contact & Resources:

In your healing journey, community resources are available for continued support:

ANTHC Behavioral Health and Wellness Clinic: [anthc.org/BHWC](https://anthc.org/BHWC)

ANTHC Garden of Roses  
[anthc.org/gardenofroses](https://anthc.org/gardenofroses)

Alaska Native Justice Center (ANJC)  
(907) 793-3550 or email [anjcinfo@anjc.net](mailto:anjcinfo@anjc.net)

Covenant House Alaska (CHA)  
For Youth Ages 13-20  
24-hour Crisis Number: (907) 272-1255  
[covenanthouseak.org](https://covenanthouseak.org)

Standing Together Against Rape (STAR)  
24-hour Crisis Number: 1-800-478-8999 is (907) 276-7273

## Sources:

Autenrieth, Emily D., and David E J R. Doorway to a sacred place: Restoring Community Wellness & Responding to traumatic events with culturally relevant practices: A guide for behavioral health aids and caregivers in rural Alaskan communities. Anchorage, AK: Alaska Native Tribal Health Consortium, Community Health Services, Behavioral Health Department, 2014.

“Celebrating Water Culture.” Tribal Water Center, July 22, 2021. <https://tribalwater.org/water-toolkit/tribal-leaders/celebrating-water-culture/>.

Chamberlain, Linda. “Capacitar Emergency Tool Kit Training.” YouTube, August 24, 2017. <https://youtu.be/nYepPQwtFds>.

Coulston, Tina. “Healthy Healers.” Balancing the Body and Mind. Reading, 2021. [https://apu.blackboard.com/ultra/courses/\\_113380\\_1/cl/outline](https://apu.blackboard.com/ultra/courses/_113380_1/cl/outline).

Injury Prevention, Healthy Relationship Toolkit Description § (n.d.).

“Mental Health Awareness Month.” Alaska Native Tribal Health Consortium, May 22, 2023. <https://www.anthc.org/mentalhealthawareness/>.

Parameters: perfect for a group from two to infinity! Tone Singing Have each person close their eyes release sound on a different tone. (“Om” or “Oooooooo”). Hold the tones as long as possible, Dorothy May Emerson, and John Shelby Spong. “Energy Breaks.” UUA.org, January 28, 2015. <https://www.uua.org/youth/library/deepfun/45594.shtml>.

“Relationship Spectrum.” love is respect, February 23, 2023. <https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/relationship-spectrum/>





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