




# Self-Care Resources for Tribal Child Welfare Professionals

August 2023

## Capacity Building Center for Tribes Resources

 [Healing and Joy: Tools to Address Burnout and Increase Wellness in Tribal Child Welfare](#)

 [Indigenous Healing Webinar Series](#)

 [Lakota Worldview Webinar Series](#)


 [Secondary Traumatic Stress for Tribal Child Welfare Professionals](#)


 [Self-Care Resources to Help Address Burnout and Increase Wellness in Tribal Child Welfare](#)


 [Self-Care Techniques for Tribal Child Welfare Professionals](#)

 [Tribal Information Exchange – Healing and Wellness Page](#)

### Resource Type

 Document


 Podcast


 Webinar

 Website

## Other Related Resources

*These resources provide additional information about self-care and secondary traumatic stress and do not necessarily reflect the views or policies of the Capacity Building Center for Tribes nor the Children's Bureau.*

 [Key Takeaways from Building a Resilient Workforce to Address Trauma and Enhance Well-Being: Connecting to Cultural Ways](#) (National Child Welfare Workforce Institute)

 [NASW Social Work Talks Podcast: Self-Care and Avoiding Burnout](#) (National Association of Social Workers)

 [Secondary Traumatic Stress](#) (Child Welfare Information Gateway)

 [Self-Care Strategies](#) (National Child Welfare Workforce Institute)

 [Self-Care to Address Burnout and Secondary Traumatic Stress](#) (Child Welfare Information Gateway)

