

RESOURCE LIST

Overview

We understand that recent events have created significant stress. In view of the acute social services and healthcare delivery crisis for Minnesota’s vulnerable populations, Greenleaf Integrative in partnership with the Minnesota Department of Human Services (DHS) has compiled a list of psychosocial resources to help you manage these challenges. These resources provide applied support to leaders and staff of community-based organizations and healthcare systems serving Minnesota’s marginalized communities, particularly in the context of fear-inducing conditions related to immigration status, country of origin, and enforcement uncertainty.

“We hope these resources will provide you with actionable tools for personally navigating the ongoing acute crises and stressors and their potential impact on your wellbeing.”

*WISHING YOU REST
AND WELLBEING.*



GROWING IN RESPONSIVE CARE (GIRC) TRAINING

GROWING IN RESPONSIVE CARE TRAINING

IN THESE MODULES, YOU'LL LEARN HOW TO INTEGRATE TRAUMA AND CULTURAL CONSIDERATIONS SO YOU CAN MOVE FROM BEING TRAUMA-INFORMED TO TRAUMA-RESPONSIVE, INCLUDING HOW TO ASK EFFECTIVE QUESTIONS THROUGH CONTEXTUAL INTERVIEWING, AND HOW TO USE TOOLS FOR SELF-ASSESSMENT, SELF-REFLECTION, AND SELF-REGULATION. THESE SKILLS WILL HELP YOU PROVIDE EFFECTIVE AND SUSTAINING CARE WITH MORE CONFIDENCE.



BREATHING FOR REGULATION

UTILIZING BOX BREATHING, PHYSIOLOGICAL SIGHING, AND ALTERNATE NOSTRIL BREATHING, THESE TECHNIQUES OFFER TOOLS FOR STRESS REGULATION, CALMING THE MIND, AND WHOLE BODY CALMING.



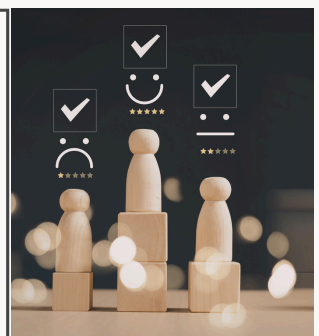
CHECKLIST FOR TRAUMA-RESPONSIVE PATIENT/CLIENT ENGAGEMENT

THIS CHECKLIST OFFERS A CLEAR GUIDE FOR BOTH SELF-REGULATION AND PSYCHOLOGICALLY SAFE SPACE CREATION FOR PATIENTS/CLIENTS, WHILE ENCOURAGING COLLABORATIVE DIALOGUE.



SELF-CARE CONTINUUM & CHECK IN

UTILIZING THIS CHECK-IN TOOL CAN PROVIDE AN OPPORTUNITY FOR SELF-MONITORING AND TAKING RESPONSIVE ACTIONS TO MAINTAIN WELLBEING.

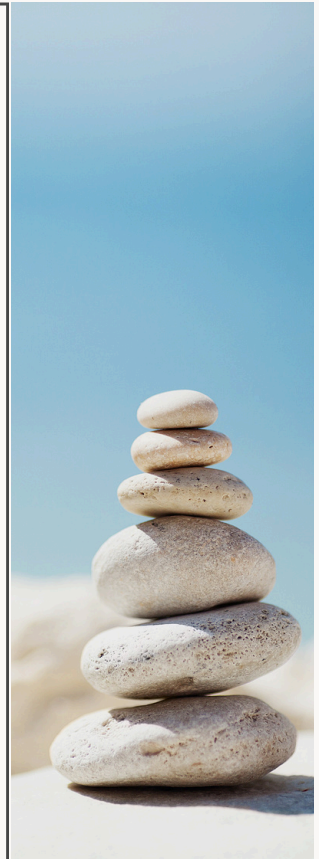


ADDITIONAL RESOURCES

SELECTED GUIDED MEDITATIONS

THE FOLLOWING IS A LIST OF GUIDED MEDITATIONS THAT MAY BE HELPFUL FOR WHOLE BODY CALMING, STRESS REGULATION, AND MINDFULNESS:

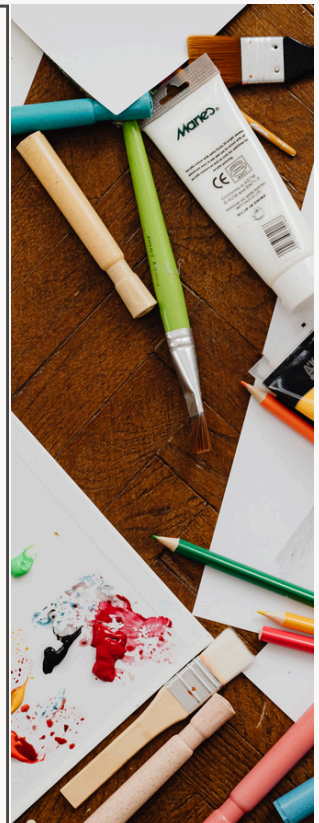
- [BREATHING FOR BALANCE](#)
- [PROGRESSIVE MUSCLE RELAXATION AT WORK](#)
- [WEATHERING ADVERSITY](#)
- [DETACHING AND RE-ENGAGING](#)
- [YOGA NIDRA FOR PERSONAL RESTORATION](#)
- [ALL MEDITATIONS BY GREENLEAF](#)



ART & MUSIC THERAPY RESOURCES

THESE PRINTABLE RESOURCES PROVIDE PERSONAL EXERCISES ACROSS HOLISTIC SELF-CARE THEMES, INCLUDING EMOTIONAL, SPIRITUAL, PHYSICAL, MENTAL, AND SOCIAL WELLBEING.

- [SELF-CARE ACTION PLAN](#)
- [SELF-CARE TOOLKIT](#)
- [MINDFULNESS ACTIVITIES](#)
- [MUSIC THERAPY WORKSHEETS](#)



ADDITIONAL RESOURCES

TRAUMA MITIGATION FOR THE WORKFORCE: A CONCEPTUAL FRAMEWORK

SHAH, S. A., SIU, K., & DANGEL, L. T. J. (2022). TRAUMA MITIGATION FOR THE WORKFORCE: A CONCEPTUAL FRAMEWORK APPLIED IN COVID-19 PANDEMIC CONDITIONS. *JOURNAL OF EMERGENCY MANAGEMENT*, 20(9), 39-47. [[PDF AVAILABLE HERE](#)].

WRITTEN FOR LEADERS AND MANAGERS OF ORGANIZATIONS WHOSE STAFF ARE ROUTINELY EXPOSED TO TRAUMATIC EVENTS OR DANGEROUS CONDITIONS IN THE COURSE OF THEIR WORK, THIS STUDY WAS WRITTEN THROUGH THE LENS OF EMERGENCY MANAGEMENT WITH A FRAMEWORK THAT CAN BE APPLIED TO ANY SECTOR WHOSE STAFF ROUTINELY ENCOUNTER INTENSE HUMAN SUFFERING. **IT IS FOR ANY ORGANIZATION WHOSE MISSION IS TO HELP, HEAL, OR PROTECT OTHERS**



SUPPLEMENTARY READING

WELKIN, L. (2025). SUSTAINING OPEN HEARTS: SELF-CARE FOR HELPERS WORKING WITH TRAUMA IN OUR COMPLEX WORLD. *POMEGRANATE CONNECTION*.

SUSTAINING OPEN HEARTS IS A PRACTICAL RESOURCE THAT OFFERS STRATEGIES, REFLECTIVE EXERCISES, AND RECOMMENDATIONS FOR HEALTH CARE AND FRONTLINE WORKERS TO MANAGE VICARIOUS TRAUMA AND AVOID BURNOUT AS THEY ASSIST SURVIVORS OF VIOLENCE AND FORCED MIGRATION.

WINLAW, KATHERINE R. AND LEOTTA, LOUISE (2017). MINDFUL ART THERAPY: PROMOTING EMPLOYEE WELL-BEING. *ANZJAT AUSTRALIAN AND NEW ZEALAND JOURNAL OF ARTS THERAPY*. 12 (1) 56-77

THIS ARTICLE HIGHLIGHTS THE INCREASED WELLBEING AND REDUCTIONS IN STRESS LEVELS THAT OCCURRED AFTER EMPLOYEES UTILIZED MINDFUL ART THERAPY.

