

Wellness Strategies

Kasey Franco, MA

Director of Training & Education

kasey@namichicago.org



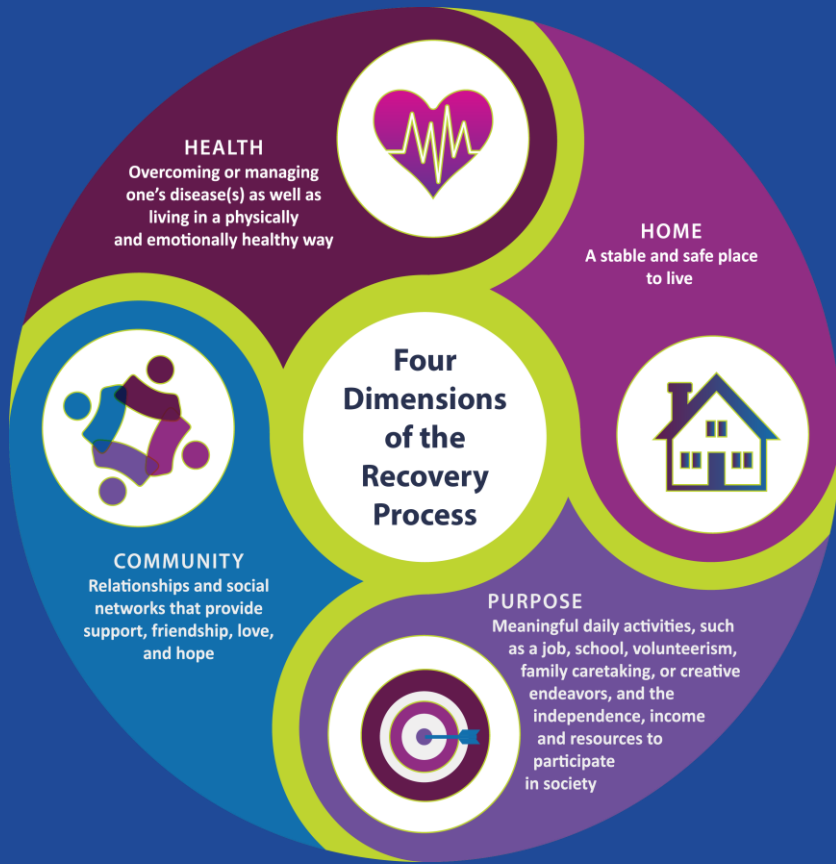
nami
CHICAGO

Mental health
advocacy, education
and support.

To provide hope and improve the quality of life for those whose lives are affected by mental illness, by providing information and referrals, education, support, advocacy, and active community outreach.

Our Mission





The Recovery Model

COVID-19 Stressors

Uncertainty

Disconnection

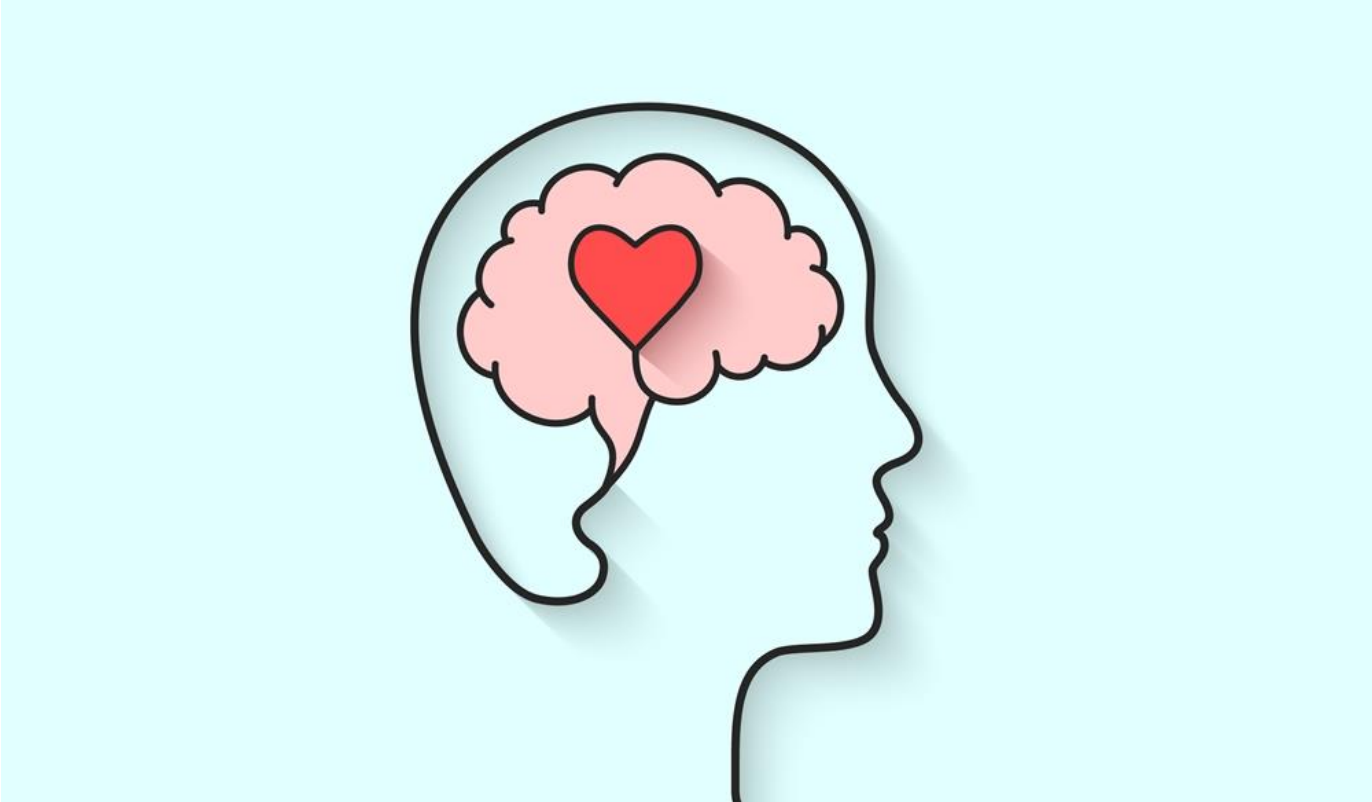
Change

Powerlessness

Anxiety

Irritability

Considering Transition Around COVID-19



Creating Your Own Wellness Plan



Health

Commit to a few minutes a day of movement – stretching, a workout video, etc.

Eat healthful meals and stay hydrated

Try meditation and/or yoga

Maintain a routine



Home

Rearrange your space

Be creative – write, draw

Set daily boundaries around self-care – “I will do at least one thing for self-care”

Read something unrelated to work



Purpose

Reflect on what gives you meaning

Practice gratitude – write down three things each day you're grateful for

Think about what you have and where you want to be



Community

Connect virtually

Send groceries or takeout as a form of gratitude

Reach out if you're struggling – “I'll reach out to [support person or Helpline] if I feel [emotion]”

How to Be Supportive

- Active Listening
- Normalize
- Express your concern

- Empathy Statements
 - “Sounds like a ____ day.”
 - “That is a lot to deal with.”
 - “It must be confusing.”
 - “It sounds like you...”
 - “Let me see if I understand.”



6,300 +
Calls completed in 2019

266%
Increase in calls in April 2020

NAMI
CHICAGO
HELPLINE

LÍNEA DE AYUDA DE NAMI CHICAGO

833.NAMI.CHI
(833.626.4244)

Monday – Friday
lunes a viernes
9am – 8pm

Saturday – Sunday
sábado a domingo
9am – 5pm



@NAMIChicago

namichicago.org