

Be Kind to Yourself

If you are **not** OK, you are **not** alone.

Have you noticed... you are not feeling productive?

... you are having a difficult time concentrating and fulfilling tasks?

... you are feeling tired, irritable, or sad?

Like many of us, you may be experiencing grief from the continued trauma exposure of COVID-19 and civil unrest.

This is a **normal** response. As the uncertainty continues to disrupt our daily routines, future plans, and social life, *the need for self-care has never been more important.*



Ask yourself: Am I being extra gentle with myself?

Am I paying attention to my sleep and physical activity?

Am I asking for help and allowing my support system to show up for me?



Have I found outlets that help me process how I am feeling?

Am I engaging in activities that bring me joy?

Self-care is not selfish.

Focusing on your physical and emotional wellbeing provides you a more stable foundation during times of incredible anxiety and stress.



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What can I do?



Set appropriate boundaries with work and family. It's okay to tell people no. It's okay to cancel plans you no longer have the energy for.



Make time for self-reflection, rest, and relaxation.



Engage in any social justice work that is important to you.



Limit the time you spend keeping up with the news.



Create and stick to a daily routine. A routine means fewer decisions each day, which can help you feel less overwhelmed.



Try not to blame yourself for your feelings. So many things happening in our lives right now are beyond our control.

What resources are there for me?

Call4Calm is a free emotional support line for Illinois residents experiencing stress and mental health issues related to COVID-19. If you would like to speak with a mental health professional, text "TALK" to 552020.

Habla con un profesional de salud mental. Envía HABLAR al 552020.

The Cook County Employee Assistance Program (EAP) is staffed by licensed professionals available to help you at no cost. All services are confidential and can be accessed over the phone at 1-800-327-5048 or online at MagellanAscend.com

Emotional Well-Being Toolkit:

https://www2.illinois.gov/sites/OECD/Documents/SEL%20toolkit_final%204.28.20.pdf

Mental Health and COVID-19 Information and Resources:

<https://mhanational.org/covid19>

Self-Care Inventory Tool:

<https://bit.ly/NAMISelfCareInventoryTool>

Self-Care and Coping with Stress and Anxiety:

<https://www.ffcmh.org/covid-19-resources-for-parents>

Windy City Wellness – Guided Meditations:

<https://www.tenpercent.com/chicago>