Wellness Strategies

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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.
The Recovery Model

Four Dimensions of the Recovery Process

**HEALTH**
Overcoming or managing one’s disease(s) as well as living in a physically and emotionally healthy way

**HOME**
A stable and safe place to live

**COMMUNITY**
Relationships and social networks that provide support, friendship, love, and hope

**PURPOSE**
Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society
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]”

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**NAMI Chicago**
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