

What Does It Mean to Be Well?

Focusing on Mental Wellness During COVID-19

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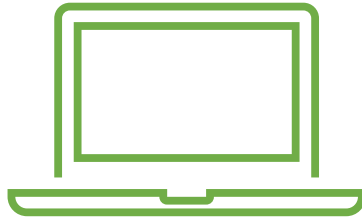


nami
CHICAGO

Mental health
advocacy, education
and support.

Meeting Tips

- We have muted everyone by default to minimize distractions
- For Q&A, please type your questions in the chat (Q&A section), and we will do our best to answer them at the end of the training



Agenda

- 1 NAMI Chicago Overview
- 2 Mental Health & The Recovery Model Framework
- 3 Stress
- 4 Recognizing Warning Signs
- 5 How to Be Supportive
- 6 Creating Your Own Wellness Plan

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



6,300 +

Callers seeking
help every year

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



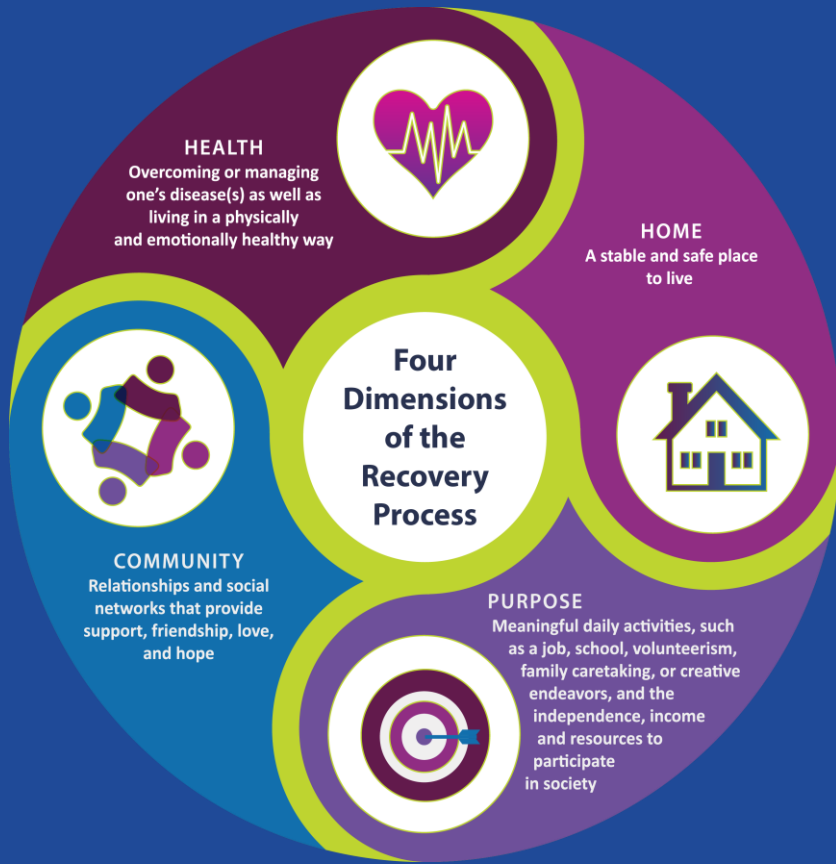
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Take one minute...

to **reflect** on an unexpected way in which our community has come together in the last week.

to **brainstorm** a creative way that you can connect to a friend, family member, or colleague soon.



The Recovery Model

What is Mental Health?

- **Productive activity**
- **Fulfilling relationships**
- **Ability to adapt to change**
- **Ability to deal with adversity**

World Health Organization (2014)

COVID-19 Stressors

Uncertainty

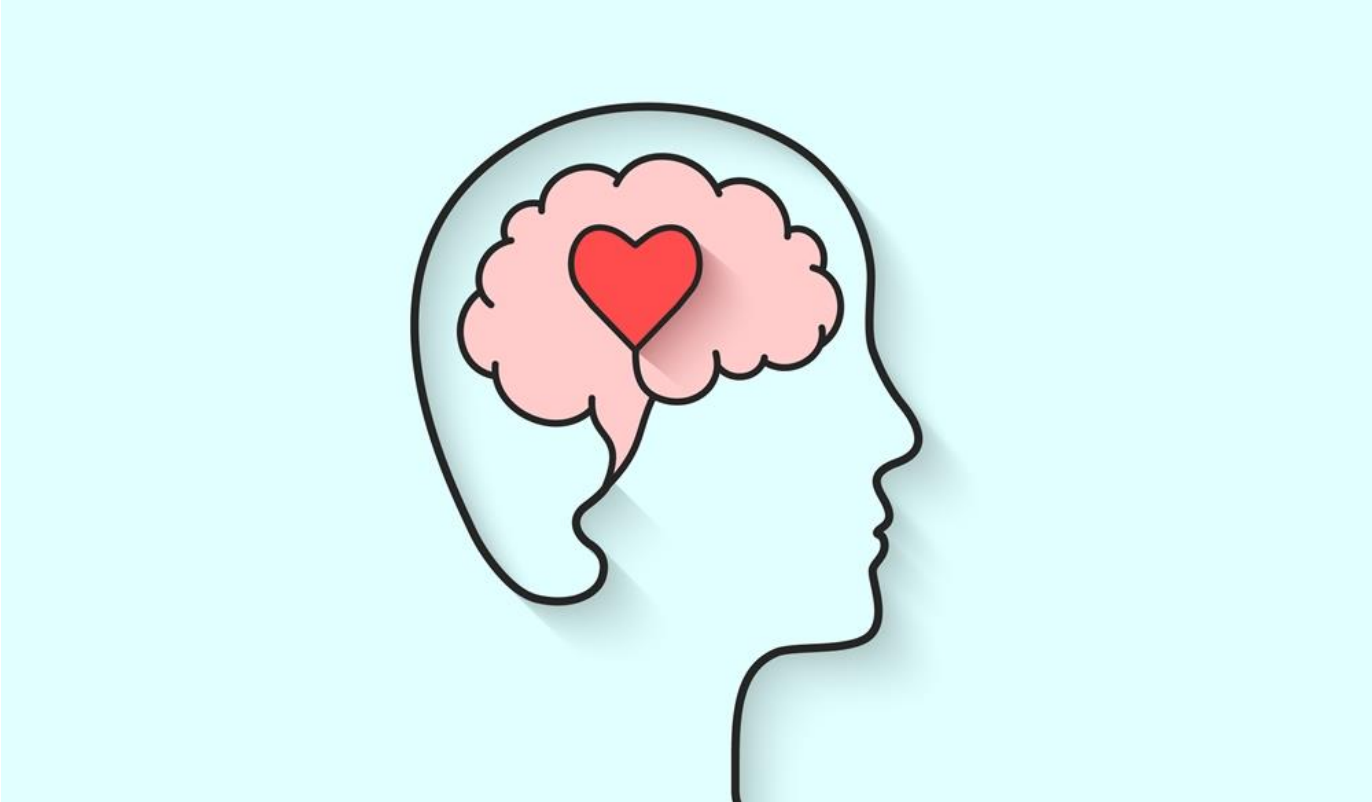
Disconnection

Change

Powerlessness

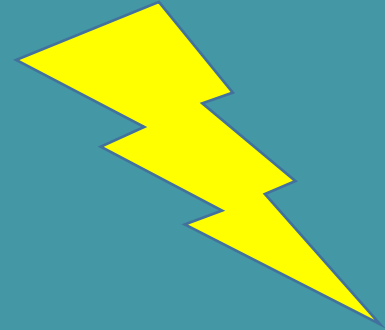
Anxiety

Considering Transition Around COVID-19



What is Stress?

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.



Miriam-Webster (2019)

Effects of Stress

- Headaches
- Trouble sleeping
- Jaw pain
- Changes in appetite
- Frequent mood swings
- Difficulty concentrating
- Feeling overwhelmed
- Feeling worried



National Alliance on Mental Illness, 2019

How to Be Supportive

When to Connect

- Changes in sleeping and/or eating habits
- Overwhelming sense of worry
- Social isolation
- Negative mood
- Dramatic change in behavior
- Feeling excessively sad or low
- Increased or prolonged feelings of irritability/anger
- Lack of interest in hobbies
- Increased substance use
- Feeling hopeless
- Difficulty perceiving reality

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.”



Practicing & Promoting Self-Care

Risk and Resiliency Factors

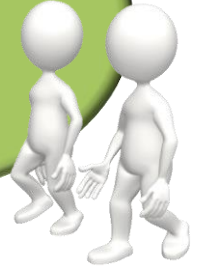
Personality
and Coping
Style



Spiritual
Resources



Social
Support



Current Life
Circumstances



Work Style



Past Trauma
History



Creating Your Own Wellness Plan



Health

- Stay active
- Eat healthful meals and stay hydrated
- Try meditation and/or yoga
- Maintain a routine



Home

- Rearrange your space
- Be creative – write, draw, play music
- Set boundaries around self-care
- Read something unrelated to work



Purpose

- Reflect on what gives you meaning
- Practice gratitude
- Think about what you have and where you want to be



Community

- Connect virtually (Zoom, Facetime)
- Send someone groceries or takeout as a form of gratitude
- Reach out if you're struggling

We're here to help you stay hopeful and connected.

Thank you for all that you do!

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