



# HOW TO PRACTICE SELF-CARE DURING TIMES OF CRISIS

*A simple guide to help you get through difficult times*

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## Lincoln Park Therapy Group is Chicago's premiere anxiety, depression, and relationship specialists for adults & teens.

With offices in Lincoln Park and East Lakeview, our boutique counseling practice works with each individual to help them build on their strengths and to attain the personal growth they are seeking. This is accomplished by adhering to our practice's central values: compassion, empathy, and courage.

We work with teens, emerging adults, adults, couples, and families from diverse backgrounds who experience a wide range of anxiety and depressive disorders. Our areas of expertise include treating anxiety, depression, and relationship issues. Our therapists have specialized training to treat relationship challenges, life transitions, post-traumatic stress disorder, difficulties in emotion regulation, and addiction.

With offices in  
LINCOLN PARK | EAST LAKEVIEW

# How's your self-care right now?

As I sit down to write this, the world is facing an international crisis due to the COVID-19 virus. While none of us knows what is in store on this journey, I do know that it will all be okay in the end.

But for now, we are each tasked with taking care of ourselves, our families, and others in our communities. During times of crisis, whether it's a pandemic such as this or a personal crisis (like a break-up, the loss of a job, or the death of a loved one), self-care may seem like a low priority. However, research actually shows that our ability to take care of ourselves under immense stress is vital.



# What is self-care?

The phrase “self-care” gets thrown around a lot in the media and on social media. While you might think of it as activities like getting a mani-pedi, having a spa day, or getting your hair done (things that aren’t possible in some areas right now), there’s a whole lot more to self-care than that.

The team at Lincoln Park Therapy Group has compiled this list of self-care activities, broken down by category, to share some common self-care activities and additional ways you can take care of yourself during these unprecedented times.

We've also included a worksheet for you to use to track your self-care activities and help you build new habits.



*Self-care is the act of intentionally engaging in habits & behaviors that support your well-being.*

# Wellness & Exercise



**Eat regularly.** It's okay to eat boxed and canned food. Have fun experimenting with recipes. Bake and enjoy tasty treats. Frozen fruits and veggies can be good to stock up on so you have them to use in a pinch.

**Get enough sleep.** Keeping up your normal sleep schedule is important and will help your mind and body regulate itself right now.

**Do something physical everyday.** Go for a walk, a run, a virtual yoga class, or a bike ride.

**Take a few minutes to stretch** every morning or evening.

**Practice regular meditation.** Even just 5 minutes of meditation a day can be helpful. If that feels like too much, start with 2-3 minutes. These are some of our favorite meditation apps...

[Insight Timer](#)

[Calm](#)

[Headspace](#)

# Learning & Enrichment

Check out some of these fun virtual tours...

[The Louvre Museum](#)

[Sistine Chapel](#)

[The Great Wall of China](#)

[Yosemite National Park](#)

[San Diego Zoo](#)

**Use an app to learn something new.** Duolingo is great to learn a new language.

**There are lots of free master classes available now.** If there's a hobby you've always wanted to try, now's a great time to pick it up.

**Take a tour.** Many museums, zoos, and national parks have created online tours available to the public – for free!



# Get Some Chores Done

**Clean out your closet.**

**Organize your junk drawer.**

**Deep clean your house.**

**Put your loose pictures into albums... finally.**

**Do your taxes.**

**Rearrange your furniture.**

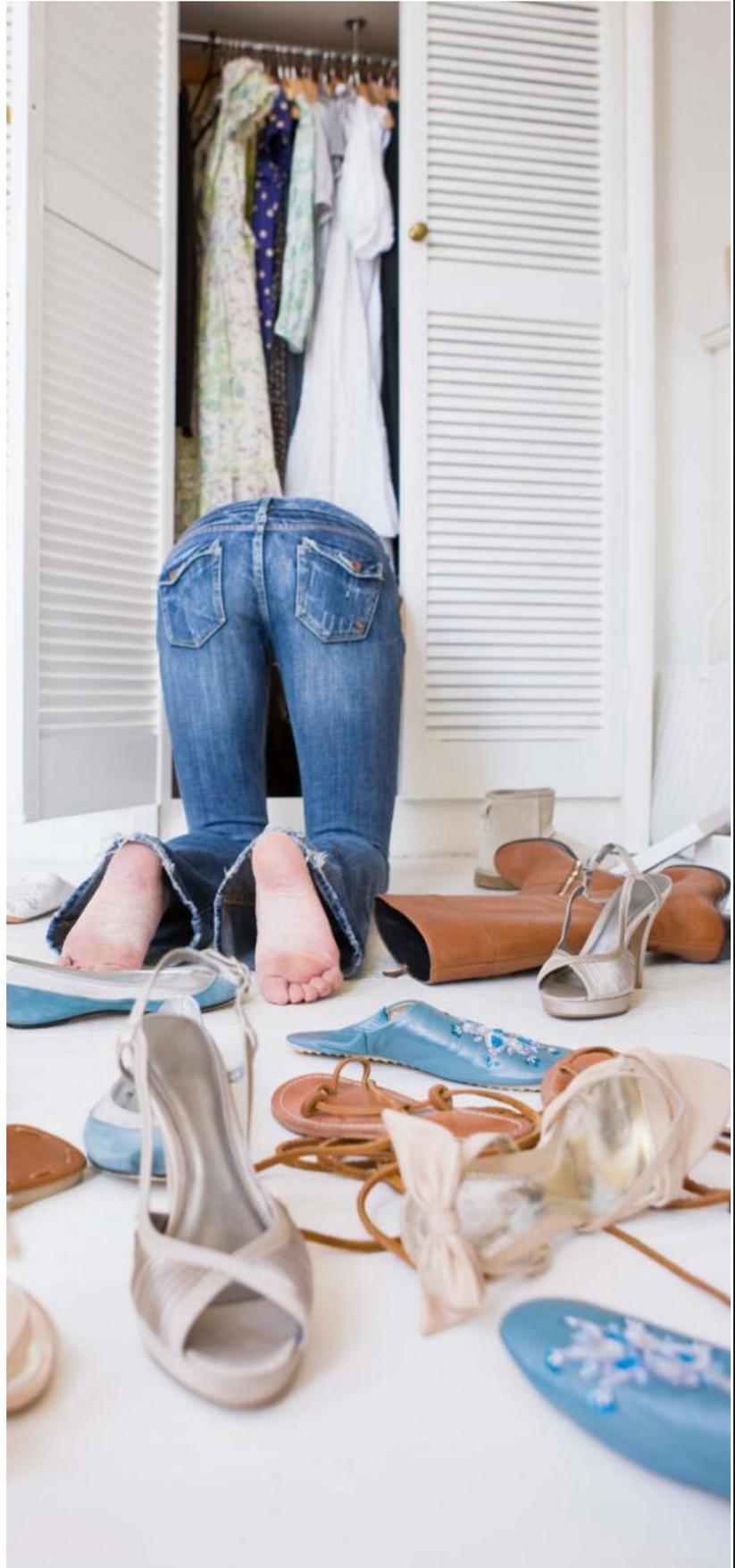
**Weed the yard.**

**Write the thank-you cards you've been meaning to send.**

**Go through the random stuff in your basement and pick out things to donate.**

**Paint your bedroom.**

**Change up the picture throughout your house.**



# Stay Productive at Work



**Stick to a work schedule as best you can.** Putting a boundary around the hours you work can help you separate your personal life and work life while you might be working from home.

**Refresh your website if you have one.**

**Tackle the “back burner” projects** you’ve been putting off for months. By staying productive, you will help ease your anxiety and give your mind something to focus on.

**Design a new product or service** for your business or create a business plan for your “side hustle”.

**Clean out your inbox.**

**Give coworking a try.** [Focusmate](https://www.focusmate.com) is a great website for virtual coworking sessions with people around the world.

# Stay Social

**Have a date night** – at home.

**Plan a get-together.** Virtual happy hours with your work buddies can be just as fun .

**Do a movie night with your friends.** Netflix has created a way to watch movies “together” through their platform.

**Check on your friends and neighbors.** Many people are reconnecting with old friends and loved ones during this time.

**Reach out to your network.** Email a friend from college, text a neighbor to see how they’re doing, or call the family member you haven’t seen in a few years.



# Indulge Yourself



**Do things that make you feel good.** Give yourself your own mani-pedi or use your eyelash serum.

**Spend a day outside.**

Sunshine is nature's antidepressant and while activities might be limited, you can still spend as much time outside as possible.

**Wear your favorite outfit.**

even if you aren't leaving the house.

**Play with your make-up.**

**Make your favorite dinner.**

Take an afternoon to immerse yourself into the cooking experience, then have a leisurely dinner and savor the yumminess.

# Get Support

One of the things I'm most grateful for right now is how digitally connected our world is. Though we're engaging in social distancing, self-quarantining, and stay-at-home orders, we aren't cut off from social support.

Giving and receiving support though this time is crucial. Make sure to check in regularly with the people you love, reach out for help if you need it, and [make an appointment](#) with us if you find yourself overwhelmed with stress, anxiety, or depression. We're all facing this crisis together.



# Weekly Self-Care Worksheet

Day & Date: \_\_\_\_\_

## Activities

Wellness & Exercise

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Learning & Enrichment

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Get Some Chores Done

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Stay Productive at Work

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Stay Social

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Indulge Yourself

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Get Support

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# Lincoln Park Therapy Group

We understand that during this time of national uncertainty, you may be experiencing more anxiety, depression, or sense of overwhelm than usual. Lincoln Park Therapy Group is here to support our community through this time - we are currently accepting new clients and are adjusting our procedures as-needed based on this fluid situation to ensure we can continue to provide services to anyone in need of support right now.

Please visit [our website](#) to read more about our [services](#) and [make an appointment](#) to see one of our therapists. Depending on the circumstances, services may be provided in our office or virtually through teletherapy.



# Resources

Sometimes you need support immediately.

These references are all free and provide additional support and/or information. All hotlines below are free to use and most are available 24/7.

- National Suicide Prevention Lifeline
  - Hotline: 800-273-8255
  - Live Chat
- Crisis Text Line - text COURAGE to 741741
- National Sexual Assault Hotline
  - Hotline: 800-656-4673
  - Live Chat
- LGBTQ+ National Hotline - 888-843-4564
- NAMI Chicago Support Groups & Classes
- Chicago Coronavirus Response Center

The information in this document is not intended to provide professional therapeutic services. If you are experiencing a mental-health crisis, please call 911 or go to your nearest emergency room.



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