

Self Care Resources:

Emotional Self Care:

- Gratitude
 - [Gratitude Journal](#)
- Asking for help
 - Parent stress line 1-800-632-8188
 - Asking for help is hard but [studies](#) say that people actually like helping others more than we expect them to.
 - [Find Support-SAMHSA](#)
- Therapy and counseling
 - Look into groups you already are affiliated with. Sometimes jobs, schools, hospitals, and other organizations offer counseling or therapy services that accept public and private insurance.
 - Other options in Chicago
 - [Metropolitan Family Services](#)
 - [Sinai Chicago: Under the Rainbow](#)
 - [Christian Community Health Center](#)
 - [Erikson Institute, Center for Children and Families](#)

■ [Northwestern family institute](#)

- Respite: Respite is a break for you or other caregivers in your home.

Organizations send a trained respite worker to care for your child while you are gone.

- [Illinois Respite Coalition](#)
- [The Arc](#)
- Self compassion:
 - [Cleveland Clinic](#)
 - [Self compassion exercises](#)
- [Other tips](#)

Physical Self Care:

- Healthy Eating
 - [Healthy eating tips](#)
 - [Meal planning](#)
- Sleep
 - [Sleep habits](#)
 - Get your child in on these habits too!
- Workouts
 - [Fitness Courses in the Parks](#)

- [Free Millenium Park Classes](#)
- [Free Classes](#)
- Look up at home workout, yoga and stretching videos on youtube.
- [Park District](#)
- [Chicago Public Library Events](#)

Spiritual Self Care:

- Meditation
 - [How to meditate](#)
- Mindfulness
 - Mindfulness for beginners podcast
 - [Mindfulness Exercises](#)
- Volunteer:
 - Your child's school
 - With groups that have helped you or your child? Check if they accept volunteers.
 - [Volunteer at UI health](#)
 - Or other hospitals
 - [BUILD Chicago](#)

- [Special Children's Charities](#)
- [Forest Preserve](#)
- You can involve your child in charity by donating old toys, clothes etc.
- See if there's a volunteer group in your neighborhood to help clean up!
- Get into Nature:
 - [Forest preserves](#)
 - [Nature areas in chicago parks](#)
 - Safety tips:
 - Lock car right away whenever getting in
 - Go with a friend or family member
 - Stay to well populated areas
 - Be alert; don't be on your phone or have headphones in
 - Don't have valuables easily seen

Mental Self Care:

- Hobbies:
 - [Find a library event!](#)
 - Search for events and activities based on your interests

- [Chicago Park District](#)
- [Garfield Conservatory](#)
- Learn about something new
 - [Go to a museum on a free museum day](#)
 - Check out books on your interests from the library
 - Find a podcast to learn something new
- Challenge yourself
 - Find cross words in the newspaper or at the dollar tree
 - Join a puzzle share group

Social:

- Find a support group
 - [NAMI](#)
 - [Starnet](#)
 - [For Spanish speakers](#)
 - [For siblings of children with disabilities](#)
- Social media:
 - Facebook: CPS Students with Disabilities Parent Support Group

- Facebook: RAISE YOUR HAND- Special Education Parents and Supporters
- Search for other groups on social media
 - Parents of children with the same disability as your child; Autism Parents of Illinois for example.
- Use instagram, pinterest to find uplifting inspirational images
- Boundary building
 - [Quick tips](#)
 - [More tips](#)
 - [Saying no nicely](#)