



Taking Care of Your Mental Well-Being

There are many stressors that we encounter in our daily lives from school to friendships to family life. During times of big changes and uncertainty, it is more important than ever to ensure that we maintain our mental well-being and take care of ourselves. Doing this allows us to recharge, process difficult emotions, and feel strong enough to tackle challenges. We encourage you to use these strategies and tools to support your mental well-being.

Here are some examples of ways in which you can practice self-care:

- **Stay Informed but Avoid “Doom Scrolling.”** It is important to stay updated on information that can affect your loved ones. It is also important for your mental well-being to take time away from devices and news stories to practice coping strategies. When you do consume news, rely on trusted sources, and beware of [misinformation](#).
- **Prioritize Physical Health.** Getting enough sleep, drinking water, eating healthy food, and exercising are important for our physical AND mental health. Our moods can be directly affected by our bodies, and if our bodies feel discomfort, it could trigger negative emotions in our brains.
- **Find a Creative Outlet.** When we are stressed, sometimes it can be helpful to find outlets to express ourselves and take our minds off of tasks that we need to do. Creative writing, journaling, painting, sports, or listening to music are all examples of ways in which you can decompress when you are feeling sad or overwhelmed.
- **Maintain Social Connections.** Staying connected to friends and family is essential when it comes to maintaining your mental well-being. If you feel comfortable opening up to people that you trust about things that are going on in your life, you might find yourself gaining new insight into situations or even feeling better supported during a tough time.
- **Take a Mental Break.** It can be helpful to incorporate stress-management techniques and coping skills to help you feel better. In addition to things like staying in touch with friends or family, practicing your hobbies, listening to music, and exercising — practices like journaling, [mindful meditation](#) and [breathing exercises](#) can aid in boosting your mood.
- **Reach Out If You Need Help.** Support is available if you need it. Reach out to a trusted adult in your school to get connected with mental health support, and check out some of the resources below on ways to take care of your mental health during these uncertain times.
- **Remember You Are Welcomed and Wanted!** CPS is better with you here! The adults in your school community are here to help you feel safe and supported.

Student Mental Health Resources:

- [Mental Health: Taking Care of Yourself & Loved Ones](#)
- [Chicago Services Resources Guide](#)
- **Hotlines:**
 - [988 Suicide & Crisis Lifeline](#) (Contact: 988) offers 24/7 crisis support for mental health concerns that impede safety.
 - [Crisis Text Line](#) (Contact: 800-448-3000)
 - In order to access the Crisis Text Line, text HOME to 741741 or use [WhatsApp](#) or [online chat](#).
 - [Illinois Coalition for Immigrant and Refugee Rights](#) (Contact: 855 - 435 -7693)
 - [The Trevor Project](#) for LGBTQ+ Support (Contact: 1-866-488-7386)
 - For more hotlines, visit the [OSHW mental health website](#).
- Please feel free to contact the mental health team at mentalhealth@cps.edu with additional questions about resources, supports, and non-crisis mental health related support.

Resources Regarding New Presidential Administration

- [Chicago Know Your Rights Resource Guide](#)
- [Know Your Rights](#)
- [CPS Guidance and Resources Regarding New Presidential Administration](#)
- **Know Your Rights Workshops:** CPS' Office of Family and Community Engagement (FACE) is partnering with community organizations to offer "Know Your Rights" workshops through the [Parent University program](#), especially for immigrant and newcomer families. [Here are the upcoming sessions](#).