



# Illinois Sister Society

# ILLINOIS SISTER SOCIETY

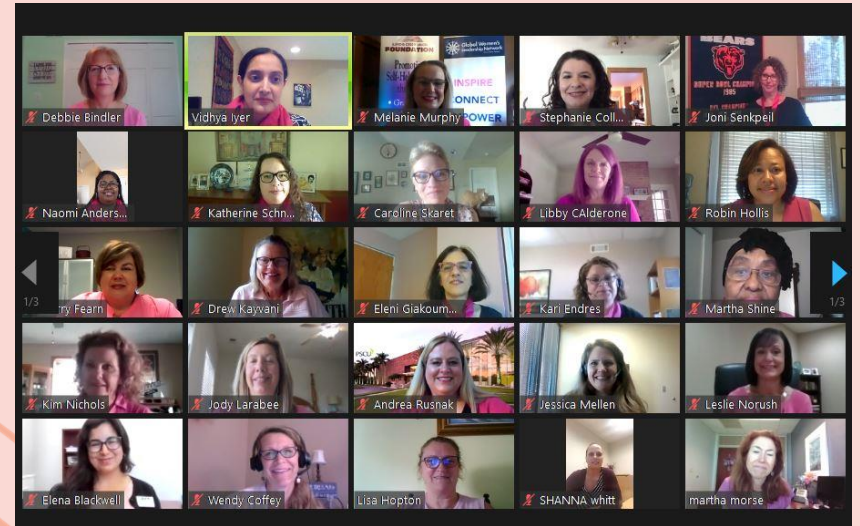


As a community service project, we encourage you to make a donation to a women's shelter in your area. Sadly, one of the many negative impacts of the COVID-19 pandemic is an increase in domestic violence ([related article](#)). Given the challenge of collecting items at the moment, please consider a cash donation.

Here is a link to [a list of shelters from throughout the state you can support](#).

June 24, 2020  
Zoom Meeting

Seeing you  
brought a smile  
to our faces!



I have only just a minute,  
Only sixty seconds in it.  
Forced upon me, can't refuse it.  
Didn't seek it, didn't choose it.  
But it's up to me  
to use it.  
I must suffer if I lose it.  
Give account if I abuse it.  
Just a tiny little minute,  
but eternity is in it.

**—DR. BENJAMIN MAYS**

When good people are silent and not visible, evil people are elevated. While self-care is important, it is paramount that we use our time on this planet to make it a better place. We can't afford to wait on somebody else to change things. It is up to each of us to be the change and our time is now.

*Robin Hollis, ICUL*





**Illinois Sister Society**  
**Self Care**  
**Resource Guide**



# COMPASSION

**HOBBIES**

**CONNECT WITH  
FRIENDS & FAMILY**

**GRATITUDE**

**SPIRITUALITY**

**OUTDOOR ACTIVITIES**

**DIET ♥ EXERCISE ♥ SLEEP**

**MAINTAIN ROUTINES**

**ME TIME**



## Healthy Diet, Exercise, and Sleep!

- Eat right
- Eliminate junk food
- Work out to feel energized, refreshed, and eliminate stress
- Find your zen with Yoga
- Get your zzzz's
- Put those weighted blankets to use  
(these calm-inducing blankets really do work!)

Don't  
forget  
the  
basics!



# Outdoor Activities & Nature

A decorative illustration of a green vine with several leaves and a red flower with yellow stamens, positioned on the left side of the page.

- ♥ Get in touch with nature
- ♥ Take your coffee on your porch
- ♥ Explore your neighborhood on your bike
- ♥ Gardening – enjoy being able to watch your plants bloom
- ♥ Nature walks
- ♥ Pay attention to the birds & squirrels



# Revisit **Your** Hobbies



## Reading

“Take care of yourself –  
find something you enjoy.  
My enjoyment is reading”

*Gwen, Chicago Patrolmen CU*



## Baking

“Some recipes turn out,  
some don’t – but it’s all  
part of the fun.”

*Pat, Illinois Credit Union League*

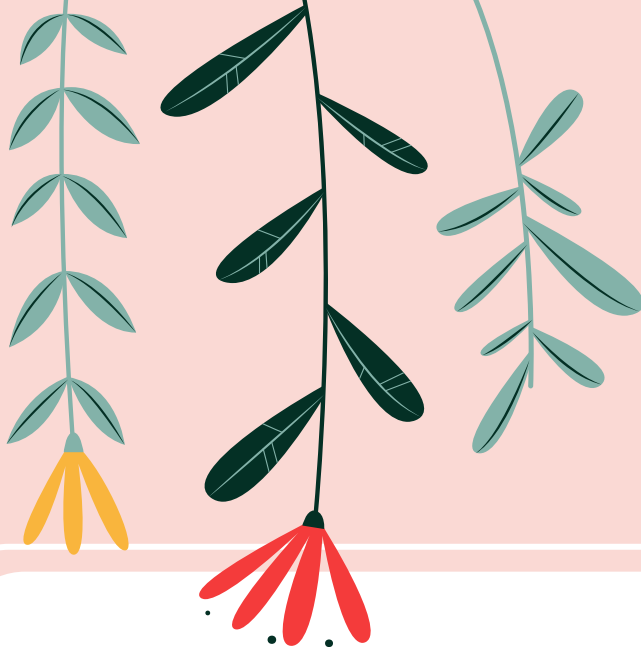


## Cooking

“I’m using my Air Fryer  
and practicing new  
recipes.”

*Deborah, Chicago Post Office CU*

# CREATIVELY CONNECT WITH FAMILY & FRIENDS



## FAMILY

**Family Game Nights**

**Family Movie Nights**

**Puzzles ♦ Crafts ♦ Dance Parties**

## FRIENDS

**Zoom Happy Hours & “Almost in-person” Meals**

**Neighborhood Lawn Competitions**

**Connect and Socialize with Neighbors**



# Structure your days and preserve routines

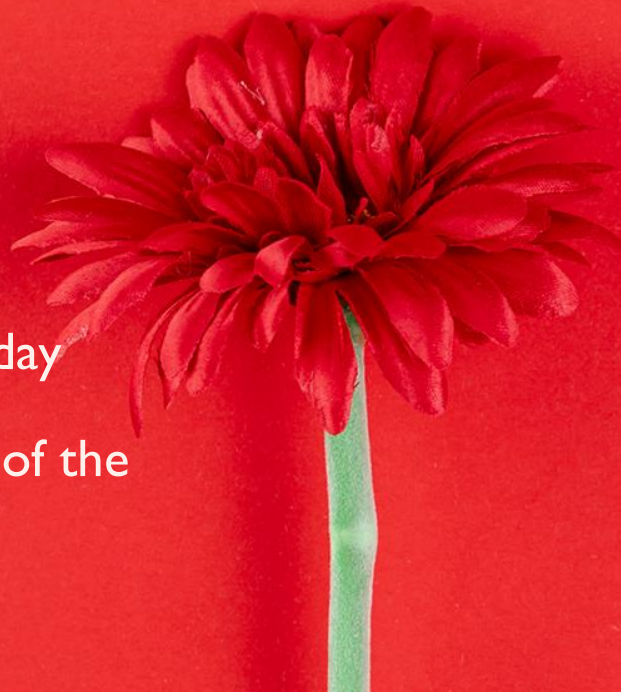
Stick to a routine when possible

Ensure separation of work &  
personal life

Include quiet time every day

Give children the benefit of the  
doubt to create harmony

Create a fixed schedule



# Gratitude

I'm grateful for . . .

Casual dress during  
work from home

Saving on my  
commute time (easier  
transition to evening)

Reminders to find  
joy in the little things  
(lesson learned from  
children)

Possibility that the  
way we work in the  
future will be  
different

Ability to fit more life  
into our days

Positive changes &  
would love for them to  
become permanent



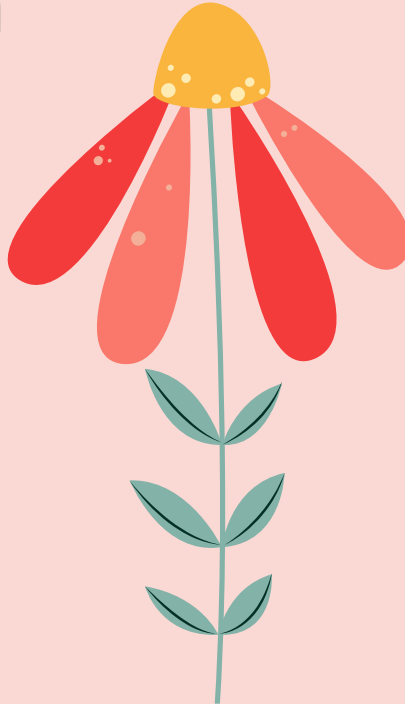
# SPIRITUALITY

## Prayer & Faith

Attend online faith services  
or drive-in worship services

## Meditation

Believe my glass is half-full



## Positive affirmations

Focus on the positives  
instead of the negatives

## Religion

## Journaling

# Emotional Awareness Coping Strategies



## Pets

“It’s amazing how much they listen & understand.”  
*Sue, Credit Union 1*



## Guided Meditations

Place an inspirational message on your phone screen



## Transcendental Meditation

Reduce stress with Square Breathing Technique



Limit news and social media



Take time for daily affirmations  
“How can I help change the world?”  
*Shanna, Rock Valley CU*



*Live in the present moment;  
Don’t worry about the future  
or dwell on the past;  
Stop and smell the roses*



“Keep your mind busy” games



Watch uplifting movies

# Schedule “Me Time”

*Remember, “me time” is different for everyone 😊*



Hair Salon



Nail Salon



Reward Yourself



Bath Bombs



Massage



Home Projects & Organize



# SHOW COMPASSION BY HELPING OTHERS

**Donate your gently  
used clothing**

<https://www.thredup.com/cleanout>

**Support a local business**

**Start a meal train for  
essential workers**

<https://www.mealtrain.com/essential/>

**Practice random acts  
of kindness**





# Meditation/Breathing Exercises

These exercises are fundamentals used in many guided meditations. You can do any part by itself or combine. Meditation is a practice, not a result. If you are trying to meditate, you ARE meditating. Thoughts will come, just acknowledge them and let them float away, you can even picture each thought as a bubble or leaf in the wind.

## Body Scan

- ♥ Often we hold tension in our bodies and do not realize it. This will help bring awareness to those areas of tension and work to release the tension. Hips hold a lot of tension so remember to stretch and focus on releasing tension there.
- ♥ Scan your entire body, one part at a time—start with the top of the head (crown) and work down to your toes; note any tension and breathe into that area of tension to release it. Send your breath (prana) to that place. Once you feel the tension release, you can move on to the next body part.

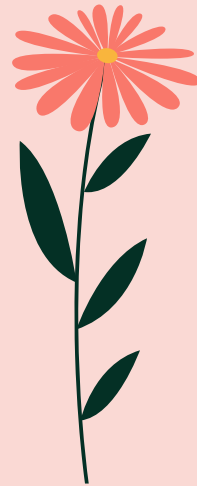
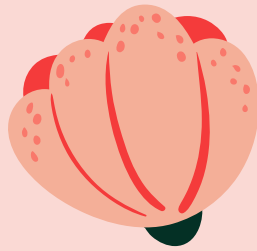
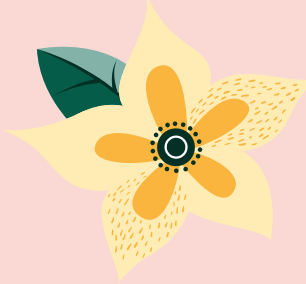
## Pranayama Equal Breathing

- ♥ Prana is the energy, life force throughout the body—your breath. When we are anxious, we often breathe shallow (many times without even noticing it). This can cause the anxious state to get worse.
- ♥ Start in a comfortable seated position
- ♥ Close your eyes
- ♥ Inhale through nose, exhale out nose
- ♥ Try to fill your belly with every inhale, and empty your belly with every exhale.
- ♥ Breathe in for 4 counts, breathe out for 4 counts. Practice and see if you can get up to 6 counts. Pause in between the inhales and exhales to focus on the stillness in your entire body for that moment.

## Meditation of Light

- ♥ If there is any heaviness inside your heart or mind, acknowledge it. Accept your thoughts and feelings without judgment.
- ♥ Picture a light glowing at your heart center (any form of light, white light is used often)
- ♥ Focus on one thing that you feel is good and right in the world, and picture the light getting brighter. Repeat, until the light stretches through your entire body and beyond.

**THANK YOU**  
**FOR JOINING US!**



# WE'D LOVE TO HEAR FROM YOU!

## Illinois Sister Society

The Illinois Sister Society is part of the Global Women's Leadership Network and focuses on supporting and advancing CU women in the workplace.

### More Info

<https://www.icul.com/illinois-sister-society/>

## Global Women's Leadership Network

The Global Women's Leadership Network (GWLN) is the only international credit union platform dedicated to addressing and facilitating greater gender balance among leadership positions.

Join: <https://www.cuwomen.org>

Contact: [CUwomen@woccu.org](mailto:CUwomen@woccu.org)

# ILLINOIS SISTER SOCIETY



Music: Fesliyan Studios  
Design: Slidesgo