

Ideas for Managing Stress, Worry, Feeling Blue, and Boredom



□ ONLINE RESOURCES

Virtual tours of museums, parks, and other public spaces:

www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3

Exercise: www.specialolympics.org/school-of-strength

Dance: YouTube has many videos that are free. www.youtube.com

Art projects that don't take a lot of supplies: www.youtube.com/watch?v=7Ol7TWTvkZo

Gardening ideas: www.youtube.com/watch?v=ZJuXpiEjdcc

Join a Facebook group like Metro Parks disABILITIES Sports Leagues: www.facebook.com/groups/MPDSL/

□ VISIT A STATE PARK

It's easier to practice social distancing outdoors (stay 6 feet away from others). tnstateparks.com

□ USE TECHNOLOGY TO CONNECT WITH FRIENDS AND FAMILY

Be sure to check with people in advance to plan a convenient time!

Plan a virtual gathering:

www.latimes.com/entertainment-arts/story/2020-03-19/coronavirus-tips-virtual-bookclub-game-night-dinner-party

Skype—app can be downloaded on a phone or computer: www.skype.com/en/get-skype/skype-for-mobile/

Face Time on a smartphone

If you have participated in Strong Minds at Special Olympics events, use what you learned:

- Stress & You—use a stress ball
- Strong Messages—Positive self-statements
- Strong Breathing
- Strong Stretching
- Strong Supporting

Practice Mindfulness and Meditation



Pay attention. Slow down and notice things in your environment.

For example:

- Touch-Using hand cream, massage your hands feeling your skin, muscles, bones
- Sound-Find a place to sit outside–focus on the sound of the birds
- Sight-Take a walk and focus on the flowering trees & the colors of spring
- Smell & Taste-When you eat, slow down, focus on the smell and taste

Live in the moment–find joy in simple pleasures.

Accept yourself–treat yourself the way you would treat a good friend.

Focus on your breathing–sit down, take a deep breath, close your eyes. Focus on your breath as it moves in and out of your body.

Meditation–try these exercises. If thoughts interrupt your meditation, let them go and return to breathing.

- Body scan meditation lying down-Be aware of sensations, emotions, thoughts associated with each part of your body
- Sitting meditation-Breath through your nose, focus on breath moving in & out of body
- Walking meditation-Think about moving through space, keeping your balance.

Mayo Clinic suggests practicing mindfulness exercises:

www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356