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

ONLINE RESOURCES


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!


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