



Tips for keeping a **Strong Mind**



CONNECT WITH OTHERS

Text, call or video chat friends, team mates, coaches and family



GET 8 HOURS OF SLEEP

Avoid caffeine and technology before bed



STAY ACTIVE

Exercise 30 minutes a day most days of the week



EAT HEALTHY FOODS

Fill your plate with fruit, vegetables, lean protein or beans and whole grains



USE STRONG MINDS STRATEGIES

Try deep breathing, stretching/yoga and thinking positive thoughts



ASK FOR HELP

Contact your medical provider if you feel overwhelmed

COVID-19 ADAPTATION STRATEGIES FOR SIBLINGS



STRATEGY 1: USE ALONE TIME TO RELAX AND RESET

Find an empty room or a secluded spot outside to call your own. Go there at least once per day to think, meditate or listen to music. Any activity that helps you relax.

STRATEGY 2: EXERCISE WITH YOUR SIBLING

Walk or jog around your neighborhood with your sibling. Exercise indoors with Special Olympics Fitness resources like Fitness Star, Fit 5 and School of Strength.



STRATEGY 3: ENJOY FUN INDOOR ACTIVITIES

Play and learn with your sibling indoors. Receive puzzles through the mail from SOSD. Try a new hobby like knitting, painting or coloring.

STRATEGY 4: CONNECT WITH OTHERS VIRTUALLY

You may not be able to visit your sibling, other family members, or usual support system right now. Schedule phone calls with them as often as you would normally talk. Chat with your SO friends every Wednesday through zoom calls.



STRATEGY 5: REMIND YOURSELF THAT THIS IS TEMPORARY

You may feel like these challenges will never end. It is okay to acknowledge when times are hard. Remind yourself that this will pass. Use the Self Care Tips provided in your Stay Healthy @ Home to tend to your emotional health.

1 Minute With Dr. J



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April 29, 2020

Hi Friends!

Dr. J here. Each week I will share with you a strategy or two for navigating COVID-19. Don't forget... we are better together.

Limit your or your family's exposure to news coverage of the event, including social media. Messages can be misinterpreted and can be frightened if not fully understood.

Try to keep up with regular routines. If schools or your work are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Until next time,

Dr. J

May 6, 2020

Dr. J here again. If you have been feeling anxious or worried, deep breathing can really help. Here is an easy way to practice this activity.

Deep Breathing

Before you begin, think about your stress level. How worried do you feel?

Find a comfortable, quiet place. You can lie on your back or sit down.

Breathe in a full breathe and breath out. Try to focus on your tummy rising with each breathe.

As you breathe in, feel your tummy rise. As you breathe out, feel your tummy lower. Try doing 10

breaths.

Now think about your stress or worry. Has your worry changed?

If you find this helpful, try it again. Maybe schedule this activity three times a day to help with stress. Doing this before bedtime can really help with sleep.

I hope you find some time to pause and breathe this week!

Until next time,

Dr. J