



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: REMINDE 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.

Four week challenge beginning on 4.22.20 Edition of your Stay Healthy @ Home

The Challenge Is Almost Complete!

For the next 30 days, we challenge you to join us in keeping a strong mind through these difficult times! Sign up & keep track of your progress as you dedicate 5 minutes every day for 4 weeks to #Take5ForAStrongMind

Week 1 Challenge Recap: You were challenged to use a stress ball to help break the tension in your muscles and help you relax. If you don't have one, try using a small stuffed animal or just practicing the movement with your hand.

Week 2 Challenge Recap: Using words of encouragement and positive affirmations can help you bring out the light in your life. Start every day by writing down a positive statement and placing it somewhere where you will see all day.

Week 3 Challenge Recap: Breathing in deeply helps send a calming message to your brain. This week, if you are feeling stressed or anxious, try taking big, deep breaths.

Week 4 Challenge: Practicing stretching and yoga can help calm your mind by transferring your focus onto your body. As we enter the last few days of the #Take5ForAStrongMind Challenge, try adding some strong stretches to your day-to-day routine!



TAKE 5
FOR STRONG MINDS CHALLENGE

Special Olympics
Strong Minds



 Spend 5 minutes every day practicing a Strong Minds stress reducing technique

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Using a stress ball	Positive Messaging	Deep Breathing	Stretching Yoga

1 Minute With Dr. J



Dr. Jordan L. Nordquist

Board Certified General Psychiatrist

Board Certified Child and Adolescent Psychiatrist

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

May 13, 2020

Dr. J here,

I hope you were able to get some breathing exercises done this past week. This week we would like to add another activity called mindfulness. The easiest way to be mindful is use your five senses. This can help you pause when life is busy and can decrease anxiety and worries. You can spend time with just one sense or all senses. Try this:

Find a quiet, comfortable place to sit or lie down. Maybe turn on some soft, calming music. Try to focus only on your surroundings for 5-10 minutes.

Five - Look at five things you can see around you such as a clock or furniture.

Four - Think about four things you can feel such as the wind, the chair you are sitting in or your feet on the ground.

Three - Listen for three sounds you can hear such as birds chirping or car horns.

Two - Find two things you can smell such as food in the kitchen or fresh cut grass.

One - Think about one thing you can taste such as toothpaste or breakfast.

Pause and try this once a day or a few times per day and see how this helps your worries or stress.

Until next time,

Dr. J

May 20, 2020

Dr. J. here again...

I hope you were able to practice some more deep breathing and mindfulness exercises these past two weeks. This week...let's talk about setting a sleep schedule.

Waking up and going to bed at the same time every day can help keep your mind and body healthy. Try some of these things this week:

- **Set a Wake-Up Time:** Set your alarm and have a set time you get up every day.
- **Set a Wind-Down Time:** It is important to prepare your mind and body for sleep. Limit caffeinated drinks in the evening and choose a relaxing routine before bedtime. Maybe turn on some soothing music or read your favorite relaxing book one hour before bedtime. Try to brush your teeth at the same time every morning and night.
- **Set a Bedtime:** Pick the same time to turn off the lights and try to fall asleep every night.

Try to set a schedule this week and see if this helps with your sleep!

Until next time,
Dr. J.

Adapted from <https://www.sleepfoundation.org>

THE RESULTS ARE IN!

Last week, Dr. J. asked you to be mindful by using your five senses to help you reduce anxiety and worry.

This is what a few of you had to say after completing the exercise:

"It gave me more energy. Thank you Dr. J"
-Correna T.

"I felt relaxed and a little tired afterward."
-David T.

"I liked this. It made me calmer and happier."
-Ashley C.

May 27, 2020

Dr. J here,

I hope your sleep schedule was better this past week. Today, let's talk about adding to your sleep routine. Routine is important for sleep but also for eating and personal hygiene. It is especially important to set a schedule these days as many people do not have a regular work or school routine at this time. Try this:

Self-care and hygiene: Schedule a time to get ready and care for yourself every day. Try to shower and get dressed every day, no matter what you have planned. Brush your teeth at least twice daily.

Meals: Schedule meal time every day. The body often does better with regular food intake at scheduled times, especially when stress or worries are elevated.

Time for fun and exercise: Try to set a schedule for the week for activities and exercise.

Hope you find some more routine this week!

Until next time,
Dr. J

Adapted from <https://www.sleepfoundation.org>

June 3, 2020

Dr. J here,

This week we are going to discuss adding more fiber to your diet. Fiber is important for regular digestion and processing food. This can give your body a schedule when it comes to using the bathroom. There are other health benefits such as lowering cholesterol and helping to control blood sugar. Try this...

Increase Fiber With Food Choices:

Slice up raw vegetables and fruits. Put them in baggies to make them easy to access and take on the go. Start your day with high fiber breakfast with oatmeal or high fiber cereal. Add some peas or beans to your salad.

When you are shopping for groceries, ask for high fiber foods and start adding them to your grocery list. Hope you find some ways to change your diet this week!

Until next time,
Dr. J

June 10, 2020

Dr. J here again,

Drinking water is very important on a daily basis. Athletes need even more water every day. This is because physical activity makes the body lose water through sweating and increased breathing. Also, the warmer weather makes it especially important to keep hydrated. Here are some general recommendations for increasing water intake:

Schedule It - Try to drink one glass of water with each meal.

Exercise and Sports - Be sure to drink water before, during, and after exercise, practices, and games.

Carry Water With You - Find your favorite water bottle and carry it with you during the day.

I hope you are staying safe and healthy!

Until next time,

Dr. J

June 17, 2020

Dr. J here again,

This week let's talk about taking a break. Everyone gets overwhelmed, frustrated, upset, and mad sometimes. If you start to feel this way, learn how to take a break. Let the people around you know you need some space and try something like this:

Find a Quiet Place - Have a place where you can go to have some quiet time. This might be your room or a different place in your home.

Set a Timer - It can be 2 minutes or 10 minutes or longer.

Play Some Calming Sounds - If you do not like the quiet, turn on some calm music or nature sounds.

Think About Something Else - Look at a picture from your favorite vacation. Or close your eyes and think about your favorite calm place to visit. Think about something or some place that makes you happy.

After you try this, check to see if you feel better. I hope you can find some quiet time this week.

Until next time,

Dr. J

June 24, 2020

Dr. J here,

Thinking about positive things can really change the way you feel. Athletes especially need to think about good things during competition. You should try to think you are going to make the next basket in basketball or bowl the next strike in bowling or win the next race or competition. The next time you are thinking about bad things, in life or in competition, try these easy steps to change your thoughts:

1. **THINK** - What are you thinking about? Is it a good thought or a bad thought?
 2. **CHANGE THE BAD THOUGHTS** - If you are having bad thoughts, change them to something positive or good. If you are having good thoughts, keep thinking about those good ideas.
- RETHINK** - Keep thinking about the good thoughts... think about yourself making the basketball in the hoop, think about knocking all the bowling pins down, think about running your fastest on the track, think about doing something good. This should change your bad thoughts to good thoughts.

Try this at your next practice or competition! Also, try this during the day. If you are feeling bad or sad or mad, try these three easy steps to change any bad thoughts. Good thoughts will often bring good feelings. I hope it is a positive week for you!

Until next time,
Dr. J

July 08, 2020

Dr. J here,

I hope you had a good 4th of July weekend! Today we are going to talk about ways to help keep germs away or spreading germs. Washing hands and cleaning often can help a lot. Here are some thoughts about what you and your family can do:

Clean hands often using soap and water or alcohol-based hand sanitizer. Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others. Be a good role model—if you wash your hands often, people around you are likely to do the same.

Clean high-touch surfaces daily in household common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).

Just some simple tips to help keep yourself and others healthy.

Until next time,
Dr. J

Adapted from [CDC.gov](https://www.cdc.gov)