

TAKE 5

FOR STRONG MINDS CHALLENGE

Special Olympics
Strong Minds



WHO?

Special Olympics athletes

WHAT?

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

Week 1: Using a stress ball

Week 2: Positive Messaging

Week 3: Deep Breathing

Week 4: Stretching/Yoga

WHEN?

Starts April 20, 2020

WHY?

You will learn strategies to cope with stress in a healthy way

Register to participate at Be SO Healthy!

Track and share your progress every day, every week or at the end of the challenge.

Questions? Email healthmessenger@specialolympics.org



Special Olympics
Health
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