

# 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](http://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3)

**Exercise:** [www.specialolympics.org/school-of-strength](http://www.specialolympics.org/school-of-strength)

**Dance:** YouTube has many videos that are free. [www.youtube.com](http://www.youtube.com)

**Art projects that don't take a lot of supplies:** [www.youtube.com/watch?v=7Ol7TWTvkZo](http://www.youtube.com/watch?v=7Ol7TWTvkZo)

**Gardening ideas:** [www.youtube.com/watch?v=ZJuXpiEjdcc](http://www.youtube.com/watch?v=ZJuXpiEjdcc)

**Join a Facebook group like Metro Parks disABILITIES Sports Leagues:** [www.facebook.com/groups/MPDSL/](http://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](http://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](http://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/](http://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

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## 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](http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356)