

SELF-CARE STRATEGIES FOR SIBLINGS



STRATEGY 1: USE ALONE TIME TO RELAX AND RESET

It is okay to set boundaries for yourself. 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. Use the Special Olympics Strong Minds Tips for Stress resource for ideas on how to de-stress.

STRATEGY 2: EXERCISE WITH YOUR SIBLING

Walk or jog around your neighborhood or local park with your sibling. Exercise indoors with Special Olympics Fitness resources like the Staying Fit at Home guide, Fitness Cards, and School of Strength. Push each other to stay motivated and healthy.



STRATEGY 3: GET CREATIVE

Play games and learn new skills with your sibling. Use the Young Athletes at Home Guide and the Young Athletes Flashcards. Try a new hobby like knitting, painting or coloring. See how creativity can give you energy and release bad feelings.

STRATEGY 4: CONNECT WITH OTHERS

Schedule regular meet-ups or phone calls with the people who support you most. Share your experiences with others and allow them to support you. Ask how you can support each other. Maybe it's through friendship, a listening ear, or sharing helpful tips.



STRATEGY 5: BE MINDFUL AND KIND TO YOURSELF

Check in with yourself consistently. Ask yourself, how are you feeling? Your body will tell you what it needs. Try thinking of five things you can feel, hear, see, smell and taste. Then, do something for yourself that you need or enjoy. Have a glass of water, read your favorite book, or do whatever makes sense for you.