Station 1
1. Squeeze the ball for 3 seconds.
2. Release the ball and any tension.

Station 2
1. Think a good thought.
2. Say it into the mirror.

Station 3
1. Smell the flower [pinwheel].
2. Blow the flower [pinwheel].
**Strong Minds Tips for Stress**

**Station 4**
1. Try a few stretches
2. How do you feel?

**Station 5**
1. Support others
2. Seek support from others

**Station 6**
1. Pick the strategies you like
2. Use the strategies in everyday life

This Strong Minds Tips for Stress concept was created by Special Olympics Texas