

# 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](mailto:healthmessenger@specialolympics.org)**



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