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