



Special Olympics **Strong Minds**

Strong minds during hard times

SpecialOlympics.org



**KAISER
PERMANENTE.**

OFFICIAL HEALTH PARTNER



During difficult times, it's more important than ever to take care of our minds and our bodies.

This guide will help you check in with your feelings and give you tips on how to relieve stress and stay connected to the important people in your life.

Feelings check-in

How are you feeling today?



Great



Good



Okay



Not good



Don't know



What are 3 things you do well?

Write your answers below.

What are your strengths?

Circle your choices or write in your own.

I am...

Brave Kind Witty Smart

Thoughtful Helpful Determined

Confident Honest Strong Generous

Organized Patient Creative Caring

Is any of this happening in your life?

Confused thinking



Feeling sad



Not sleeping very well



Lots of stress and worry



Not eating very much *or* Eating too much



Strong feelings of anger



Not keeping in touch with other people



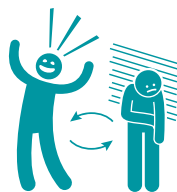
Seeing or hearing things that aren't there



Having trouble at home or at work



Feeling extreme highs and lows



Feeling restless and always in motion



Losing my temper often



Drinking alcohol or using drugs



Not doing well in school



Strange and upsetting thoughts



Nightmares



Lots of aches and pains I can't explain

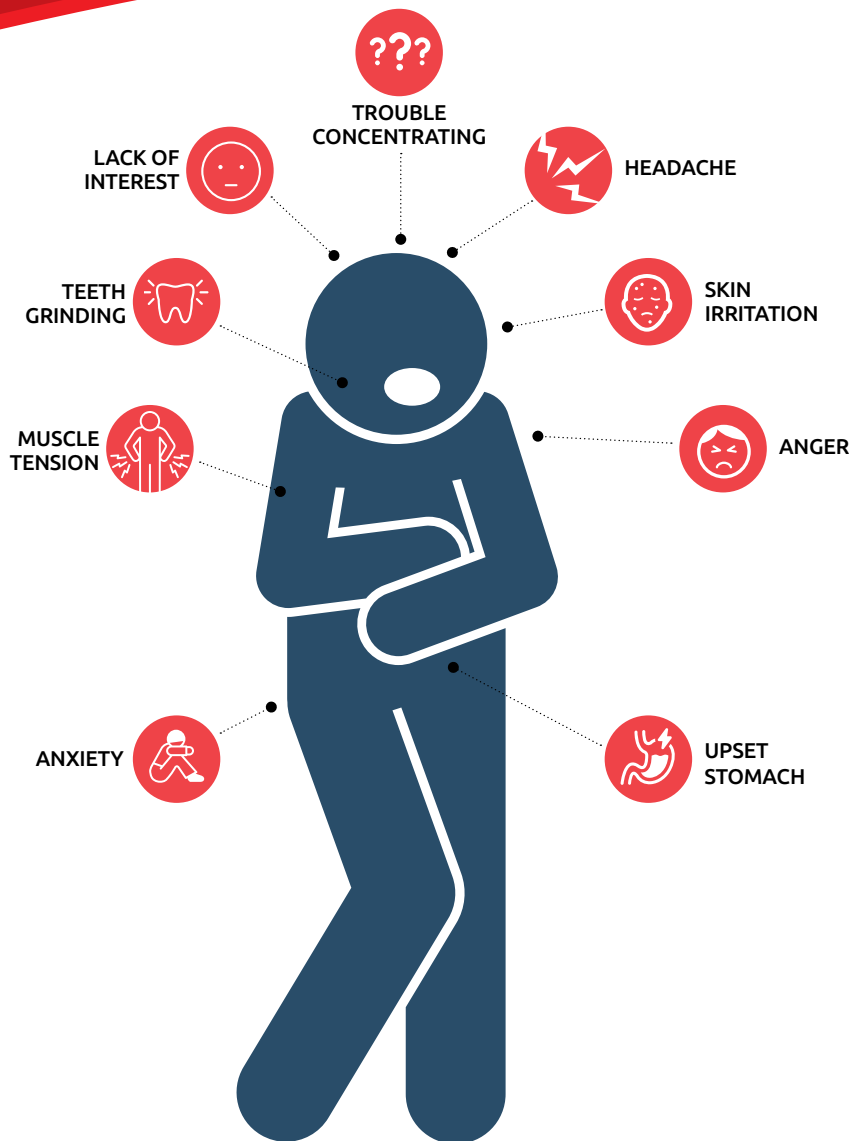


If you're experiencing any of these things, contact your doctor or someone you trust.

Source: mhanational.org/recognizing-warning-signs

Where do you feel stress?

When you feel stress, where do you feel it most? **Circle the area below.**

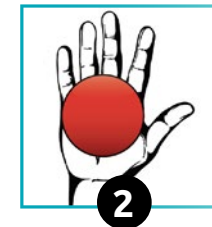


Stress and you

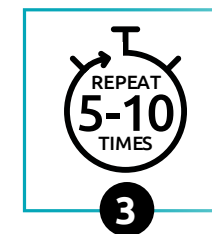
GOAL: Use a stress ball to help you feel better when you are stressed.



Squeeze the ball for **3 seconds**.



Release the ball **slowly**.



Repeat **5 to 10 times** for **1 minute**.

Strong messages

GOAL: Use positive messages to improve your confidence and ability to handle stress.



**Read or say
positive thoughts.**



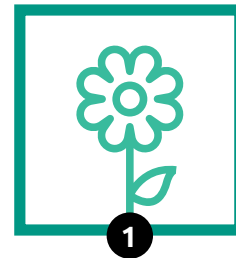
**Write your own
positive thoughts.**



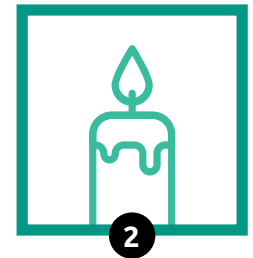
Strong breathing

GOAL: Use deep breathing to help yourself feel better when you are nervous or stressed. You can use this tool anytime and anywhere.

Deep breathing

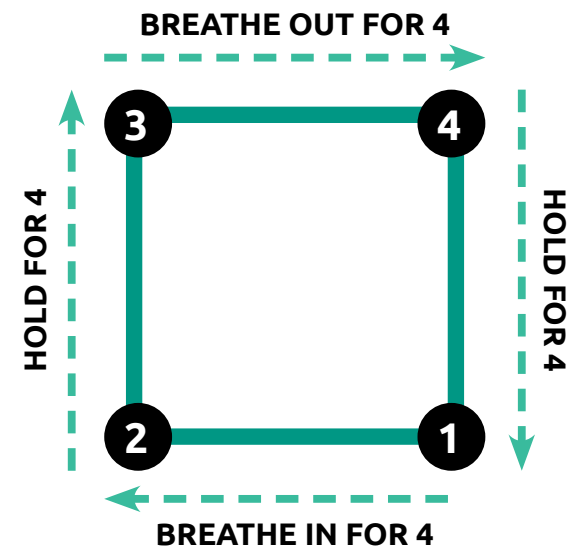


Pretend you are smelling a flower by breathing in slowly through your nose.



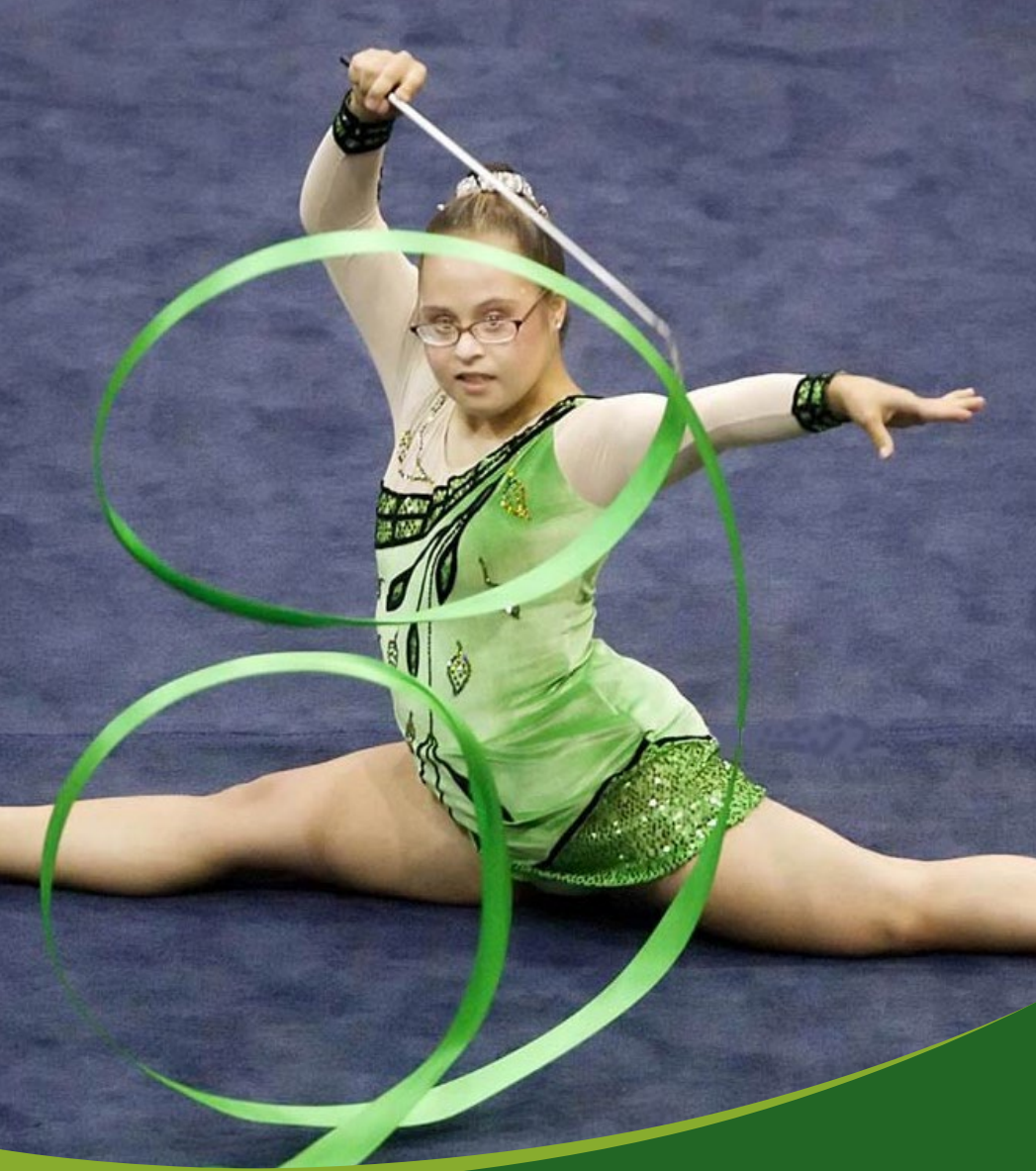
Pretend you are blowing out a candle slowly.

Square breathing



Start at the bottom right of the square. Follow the sides around the whole square to complete one deep breath.

1. **Breathe in** for a count of 4.
2. **Hold** for a count of 4.
3. **Breathe out** for a count of 4.
4. **Hold** for a count of 4.



Strong stretching

GOAL: Use stretches to release tension from stress. This makes our minds and bodies feel better.



Trunk release

1. While sitting, straighten one of your arms and lean to the opposite side. Support yourself with your other arm.
2. Hold this stretch for 30 seconds while you breathe deeply.
3. Switch sides and stretch your other arm.



Seated rotation stretch

1. Sit tall on the floor, with your legs straight out in front of you.
2. Cross your right leg over your left leg, and put your right foot on the floor close to your left knee.
3. Turn your upper body toward your right side, using your right arm to help you sit tall and your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.
4. Repeat on the left side.

Modified stretch (chair)

1. Put both legs down, and reach both arms to the right base of the chair. Turn your head and body to the right. Hold this stretch for at least 30 seconds.
2. Repeat on the left side.



Shoulder internal rotation

1. Hold on to a towel with one arm behind your neck, and your other arm behind your back.
 2. With the upper arm, pull the opposite end of the towel up (as pictured) to stretch the lower arm.
 3. Hold this stretch for at least 30 seconds.
 4. Repeat on the other side.
- Do this stretch so that it pulls, but never hurts.



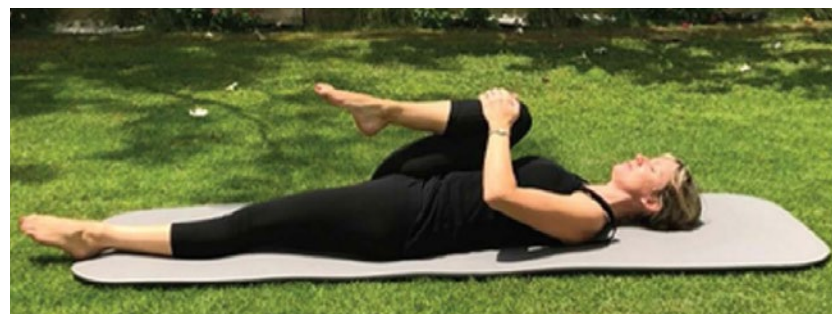
Butterfly

1. Sit tall on the floor with the soles of your feet facing each other, and your knees bent out to the sides.
2. Hold on to your ankles or feet, engage your abdominal muscles, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor.
3. If you're unable to bend over, simply press your knees down.
4. Hold this stretch for at least 30 seconds.



Sphinx pose

1. Lie on your stomach with your legs straight out behind you.
2. Place your elbows under your shoulders and your forearms on the floor, as you lift your chest up off the floor.
3. Press your hips and thighs into the floor, relax your shoulders, and think about lengthening your spine.
4. Lift up just enough to feel a nice stretch in your lower back.
5. Hold this stretch for at least 30 seconds.



Knee-to-chest stretch

1. Lie on your back with both legs extended.
2. Pull your right knee into your chest while keeping your left leg straight and your lower back pressed into the floor.
3. Hold for 30 seconds to 2 minutes.
4. Repeat on the other leg.



Strong supporting

GOAL: Identify people who support you or that you support. Kindness has health benefits and makes the world a less stressful place.

Who makes you feel happy and strong?



How do you show kindness to others?

- ☐ **Family members:** Help someone with a chore.
- ☐ **Teammate:** Cheer on your teammate.
- ☐ **Friend:** Write a nice note to a friend.
- ☐ **Coach:** Ask your coach how you can help clean up after practice.
- ☐ _____
- ☐ _____
- ☐ _____



Resources

Help Lines

- **Crisis Connections 24-Hour Crisis Line**
1-866-4-CRISIS (1-866-427-4747)
www.crisisconnections.org
- **Washington State Recovery Help Line**
Confidential and anonymous help line for substance abuse, problem gambling, and mental health needs
1-866-789-1511
www.warecoveryhelpline.org
- **Teen Link**
Confidential help line answered by teens
Open every day, 6 to 10 p.m. PST
1-866-TEENLINK (1-866-833-6546)
www.866teenlink.org
- **Washington Poison Center**
Open 24 hours a day
1-800-222-1222
- **National Suicide Prevention Lifeline**
National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress
Open 24 hours a day, 7 days a week
1-800-273-8255
www.suicidepreventionlifeline.org

Housing Assistance

- **Coordinated Entry for All (CEA) | Regional Access Points**
CEA assists families experiencing homelessness in King County; Regional Access Points (RAPs) are resource centers that serve as entry points to CEA services
2-1-1
<https://kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry/access-points.aspx>

Mental Health Support

- **National Alliance on Mental Illness (NAMI)**

Offers referrals and information, support groups, classes for people and families affected by mental illness, and a list of crisis lines for urgent needs

Seattle:

206-783-9264 or 1-800-782-9264
www.nami-greaterseattle.org

North/East King County:

425-885-6264
www.nami-eastside.org

Kitsap County:

360-415-5800 or 1-800-782-9264
www.namikitsap.org

Patient Support

- **Kaiser Permanente Washington Mental Health & Wellness**

Offers extensive services and support for plan members
1-888-287-2680 or 206-630-1680
www.kp.org/wa/mhw

- **Molina Behavioral Health & Substance Use Services**

Support for behavioral health or substance use concerns:
1-800-294-8620
In-patient treatment: 1-866-789-1511

- **Molina Behavioral Health Crisis Line**

Open 24 hours a day, 7 days a week
1-888-275-8750
www.molinahealthcare.com (search for “behavioral health”)

Sound IDD Services

- **Intellectual and Developmental Disabilities (IDD) Services and Community Networks Program at Sound**

Provides a range of services to youth and adults living in King County
206-302-2300
www.sound.health/blog/programs/intellectual-and-developmental-disabilities

Transportation Services

- **Hopelink Medicaid Transportation**

King County, for medical services covered by Medicaid
1-800-923-7433
www.hopelink.org (search for “Medicaid transportation”)

Washington State Department of Social & Health Services (DSHS)

- Contact your local **DSHS office** to speak with the regional mental health liaison or clinical team
www.dshs.wa.gov/office-locations (filter by “Disability support”)



Special Olympics
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION



**KAISER
PERMANENTE**

OFFICIAL HEALTH PARTNER
OF SPECIAL OLYMPICS WASHINGTON

The mark "CDC" is owned by the U.S. Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.