

Bell Let's Talk Week

25

Call, text, or video chat with three friends

- Click here to start a 7-day meditation introduction!

26

Go for a 30 minute walk outside

- Feeling anxious? This video will help you work towards relief!

27

Write down three things you're thankful for

- Try a 6 minute class on Contentment and Peace!

28 Bell Let's Talk Day

Take a deep breath; hold it for 3 seconds and slowly breathe out for 3 seconds

- Find harmony between your body and mind with this video!

29

Pick four words that make you feel calm and confident

- Feeling low? Try this lesson on self-awareness!

30

Write down your favourite Special Olympics memory

- Center your mind with this class on Focus and Distraction!

31

Push your shoulders up to your ears and hold for a few seconds, then relax. Repeat 3x

- Continue your journey- these affirmations will help you along!

Watch the 3-part video series on mental health with Special Olympics Athletes! *



Part One



Part Two



Part Three

* All videos filmed pre-COVID

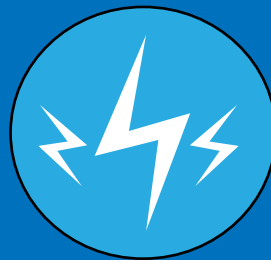
Click the icons for additional resources



Mindfulness



Self Care



Stress Management



Happy Things

