

Strong Minds – emotional health



Description:

Strong Minds is an interactive learning activity focused on developing adaptive coping skills. Competition provides a natural opportunity to develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress and connecting with others.

Chosen outcomes:

Special Olympics National Games Berlin 2022 (N=282)

39% do not use any coping strategies.

Volunteer at Strong Minds:

Medical background:

- Psychiatrists
- Psychotherapists
- (Health) psychologists
- Social education worker/ education worker for people with intellectual disabilities
- Occupational therapists
- Students and trainees of the above mentioned professions

Also able to assist are people with:

- Experience in mental health coaching and/ or in positive conversation

Task description:

- Guiding the athletes through the different stations
- Educating the effects of stress
- Education on coping strategies and on building resilience, as well as practicing various strategies
- Development of an individual plan for coping with stress