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.

Choose 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