

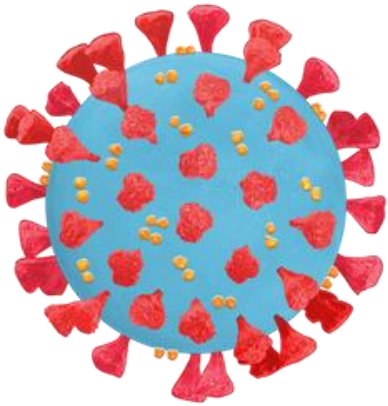
Research Study

A Mindfulness Program for Special Olympics Athletes

Teaching Special Olympics
athletes and their families about
mindfulness during the pandemic



Why did we do this research?



The Covid 19 pandemic was very **stressful** for everyone.



Special Olympics athletes **went through a lot of changes** that were very stressful.

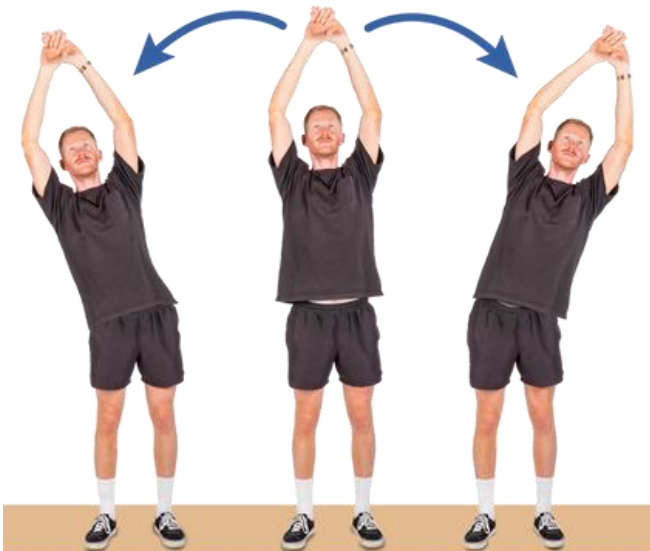


We wanted to see if **meeting online** together and learning how to be **mindful** would help athletes.

What did we do?



We made a 6-week online **mindfulness program** and a workbook with activities to do at home.



We **practiced mindfulness activities** together like breathing, stretching, confidence, and noticing feelings in our bodies.



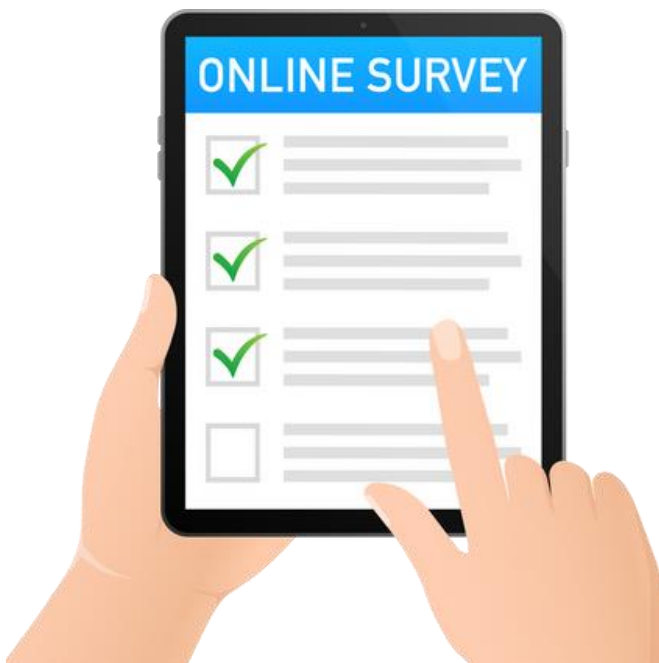
We also had time to just **talk with each other.**

What did we do?



Canada

From around Canada, 44 athletes and 29 caregivers signed up.

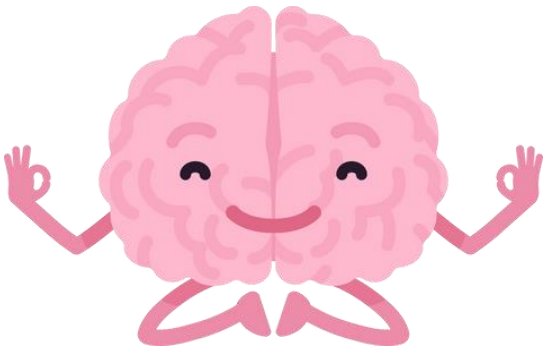


Before they started, they answered some questions about **how they were feeling.**



After the program was over, we asked the people **again** how they were feeling, and what they liked about the course.

What did we learn?



Athletes **felt happier, less stressed, and more relaxed** after the mindfulness program.



Understand

Athletes and caregivers liked the program because it was **easy to understand** and because they **got to be with other athletes**.



Athletes also told us that **they tried doing mindfulness** when they were stressed or when they were playing sports.

It is important that athletes and caregivers can do programs like this.

Title: The Feasibility of an Adapted Virtual Mindfulness Intervention for Special Olympics Athletes and their Caregivers

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