

FAB

Fun, Advocacy, and Brainpower



Introductions:



Agenda



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.



- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Games

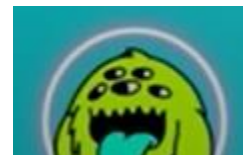
1. <https://youtu.be/oyC7nuWU3q0>
2. https://play.google.com/store/apps/details?id=com.JindoBlu.Antistress&hl=en_US



<https://apps.apple.com/us/app/antistress-relaxing-games/id1207565651> -

3. **Guess the food ultimate challenge** _

<https://www.youtube.com/watch?v=IUGwDBPnnts>



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting, you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



<https://www.cdc.gov/mentalhealth/stress-coping/index.html>



<https://988lifeline.org/current-events/the-lifeline-and-988/>



[Can Listening to Music Reduce Stress? Research, Benefits, and Genres \(psychcentral.com\)](#)

Music to help with stress



<https://vocal.media/beat/10-benefits-of-listening-to-music-that-will-help-you>

Naturally Calming Foods to Nosh On



https://activebeat.com/diet-nutrition/10-naturally-calming-foods-to-nosh-on/?utm_medium=cpc&utm_source=google_search_network&utm_campaign=AB_GGL_US_D_ESKTOP&utm_content=s_c_517634754620&utm_term=foods+that+help+with+anxiety&placement=kwd-1777278505&utm_acid=1504835999&utm_caaid=12874788842&utm_agid=121884631416&utm_os=&utm_pagetype=var-multi&device=c&gclid=CjwKCAjw_MqgBhAGEiwAnYOAev-Vxtwes3RFFo3fU2g7foYvVwOZrvxQK4ip_ZsPbGkmtVf7YOyltxoCO6oQAvD_BwE

How Dogs Can Calm Anxiety-



<https://www.servicedogcertifications.org/how-dogs-can-calm-anxiety/>

Virtual Board



Recipes

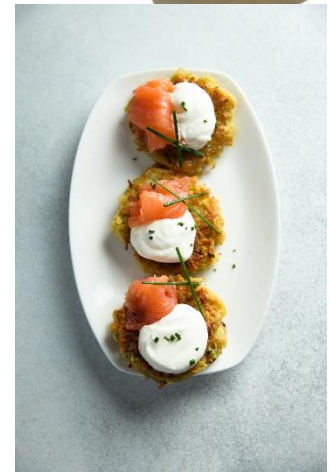


1. <https://www.allrecipes.com/recipe/19354/cheese-lasagna/>



2. <https://accessiblechef.com/recipes/breakfast-burrito/>

3. <https://accessiblechef.com/recipes/baked-potatoes/>



Exercises

1. <https://www.fitnessexpstores.com/how-to-lose-weight-while-sitting-at-the-office/>



2. <https://www.youtube.com/watch?v=iqcAWup2aCE-> - yoga to treat anxiety and stress



3. <https://youtu.be/nPhCNcJ8uJc->