

# Client Development Activity Pack!

In this pack you will find activities, challenges and exercises to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

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Daily Affirmation;

*I am in control of how I react.*

*I will focus on doing my part to the best of my  
ability.*

Client Development would love to get your feedback! Tell us what you would like to see more of. Send us photos of your activities and we can include them in our Client's Eye magazine. Call us on 01 635 4884 or email us at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)



# Hamstring Stretches to Relieve Tension and Back Pain

Adding some simple stretches to your daily routine can give great benefits to stress and tension you may be holding in your body.

If you spend a lot of time sitting all day your hamstrings are probably tight. This can lead to back pain or overall stiffness.

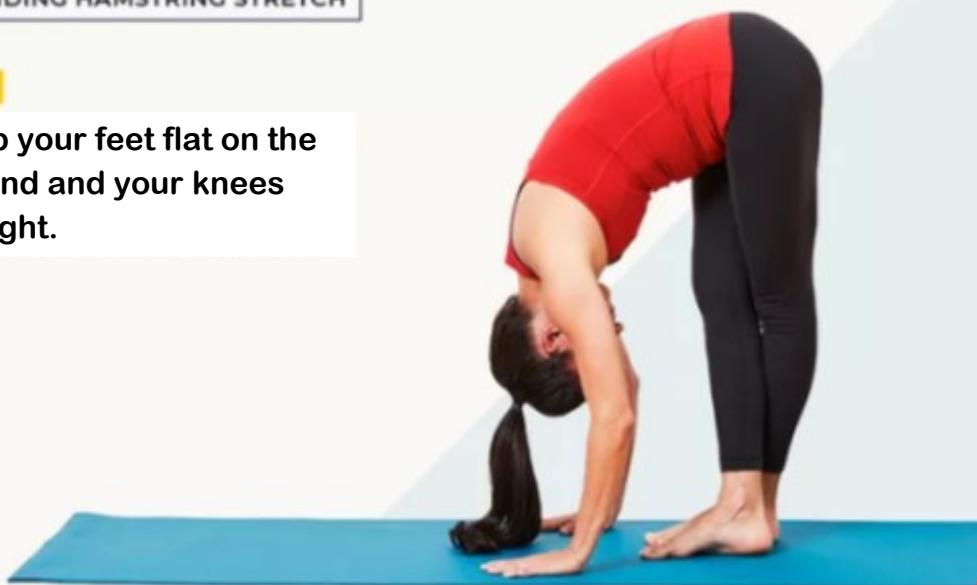
Hold each position for 30+ seconds. Try each exercise 3 - 5 times.

Add these simple exercises to your daily routine and see if you can improve your flexibility.

## STANDING HAMSTRING STRETCH

### TIP

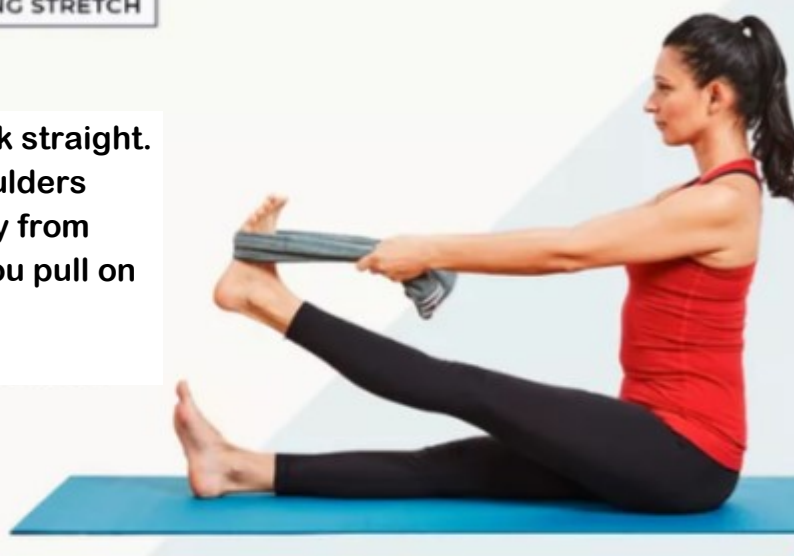
Keep your feet flat on the ground and your knees straight.



## TOWEL HAMSTRING STRETCH

### TIP

Keep your back straight. Push your shoulders down and away from your ears as you pull on the towel.



Dublin  
**Simon**  
Community

For more information please contact the Health and Wellbeing service at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)

# Sudoku

## Sudoku 9x9 Puzzle

Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

6	8	9	7		5	4	3	1
		7	9		4	2	6	5
4		5	1			8	7	9
2	5	8	4				9	3
			5	9		1		4
			8	6	3			7
7	1	3				9	4	
5	9		6					8
8	6			1		7		2

# 12 Ways to Tackle Anxiety and Stress

Be grateful about small things and graceful about annoying ones

Find beauty in everyday things

Practice kindness and compassion and give back to others and community

Accept that things come and go and we can't control everything

Trust yourself and forgive your mistakes – BIG and Small

Stop overthinking and comparing yourself with others

Face down your fears as avoiding them makes them worse, not better

Nurture your social relationships

Get outdoors and connect with nature

Honour your body with healthy food, exercise and good sleep

Sit with your feet on the ground and breathe slowly and deeply for 5 minutes everyday

Challenge negative thinking and cultivate a positive attitude



For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)