

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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CAPTION THIS!



Andrea from Sure Steps Counselling sent us in this gorgeous photo of her rabbit Buster. Send us caption suggestions to cd@dubsimon.ie and we will include them in Friday's edition!

Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at cd@dubsimon.ie.

Sanity Saver Suggestions!

Today our sanity saver suggestions are a list of free online yoga classes to help you stay fit and healthy

Websites

- **Yogaworks** (yogaworks.com): scheduled yoga classes during the day that can be watched live.
- **Do Yoga With Me** (doyogawithme.com): free yoga videos available. You can sign up for free for 2 months access to additional videos and access to the community forums.

Apps for phone

- **Down Dog** - app can be downloaded on phone: Down Dog have made all their apps free until 1st May 2020. These apps include Yoga for Beginners, HIIT and 7 Minute Workout.

Youtube Channels (free yoga videos, for range of abilities and duration):

- [Yoga with Adriene](#)
- [Alo yoga](#)
- [Five Parks Yoga](#)
- YogiApproved.com



An A - Z of What I Can See Around Me!

This activity was suggested to us by Ed B and we think it is a great idea! Look around you to see if you can spot 26 items each beginning with a different letter from the alphabet. Send your answers to cd@dubsimon.ie!

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

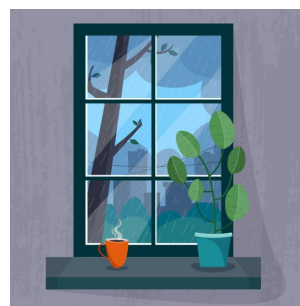
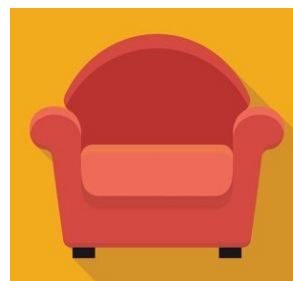
V _____

W _____

X _____

Y _____

Z _____



Mindset Shift during a Pandemic

It can be hard to remain positive and calm when we are surrounded by so much uncertainty. Use these suggestions from Sure Steps Counselling to help shift negative thoughts and promote a healthy mindset.

For more information please contact Sure Steps Counselling on 01 635 4882 or surestepscounselling@dubsimon.ie

I'm stuck at the place where I stay

- I get to be **SAFE** in my current accommodation together with other residents and staff

I will get sick

- I will self-isolate and wash my hands, this will significantly **DECREASE** my chances of getting sick

I will run out of items at home during self-isolation

- The organisation has prepared for this and all items are used wisely. We have everything we **NEED** for now and shortfalls will be dealt with promptly

Everything is shutting down, I'm panicking

- The most **IMPORTANT** places, such as medical centres, pharmacies and grocery stores, remain open

There is too much uncertainty right now

- While I can't control the situation around me, I **CAN** control my actions. Doing breath work, calling loved ones, getting enough sleep and nutrition, prayer and doing activities I love

