

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 can show myself the same amount of care
as I show others.*



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.

Bedroom Workout Challenge!

Round 1

- 1 push up, 1 squat
- 2 push up, 1 squats
- 3 push ups, 1 squat
- 4 push ups, 1 squat
- 5 push ups, 1 squat

Then



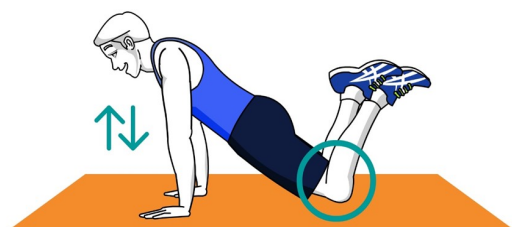
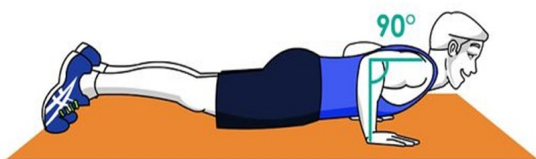
Round 2

- 1 push up, 1 squat
- 1 push up, 2 squats
- 1 push up , 3 squats
- 1 push up, 4 squats
- 1 push ups, 5 squats

Complete both rounds as fast as possible while maintaining a focus on good technique. Time yourself and share your best time with the Health and Wellbeing service at cd@dubsimon.ie!

How to perform the bodyweight squat;

- Set your feet shoulder-width apart
- Slowly bend at the knees and drop your hips to lower your body
- At the bottom strongly push back up to the starting position
- Keep your weight on your heels throughout the exercise



How to perform a push up;

- Images to the left show 2 different options for push ups
- Choose whichever one feels best for you

Mental Health Wellness Tips for Quarantine

This information has been brought to you by Sure Steps Counselling

Stick to a routine: Make a timetable with what you are planning to do today – including washing, getting dressed, exercise, connecting with others, creative activities, rest and sleep

Get out or exercise inside at least once a day, for at least thirty minutes: Even with all the restrictions, you can still go out on your own, put your headphones on, listen to music, and go for a quick walk. The fresh air will lift your spirits. Or open the window and exercise in your room

Develop a self-care toolkit: This can look different for everyone; what is it you get comfort from? Music, reading, mindful colouring, writing in a journal

Give everyone the benefit of the doubt, and a wide berth: These are difficult times, and we will all have moments when we are not at our best! Avoid blow-ups, don't hold grudges – we are all doing the best we can

Limit social media and COVID conversation: Get your information from trusted sources and only check a few times a day

Notice the good in the world, the helpers, creativity, happiness, humour: Counter-balance the scary information with the hopeful information

Help others: Find ways, big and small, to give back to others

Find something you can control, and control the heck out of it: Clean out your wardrobe, rearrange your room, sort your toiletries – this helps to anchor and ground us when the bigger things are chaotic

Reach out for help: Face-to-face may not be happening right now, but staff, counsellors, friends are only a phone call away. If you are having difficulty coping, ring the phone support line (1800 844 600)

Take things day by day: We have no road map for this. We don't know what this will look like in 1 day, 1 week, or 1 month from now – let's focus on whatever bite-sized piece of the challenge feels most manageable. This is temporary and will pass

Dublin Castle Emoji Challenge!

This challenge has been brought to you by the Education Team in Dublin Castle. Look at the emoji's to figure out the names of popular Irish Films! Send your answers to cd@dubsimon.ie. Good luck!

Favourite Irish Films

1. 🇮🇪 🚢 🌃 🇺🇸 🧔❤️ 🙌❤️ 🧔
2. 🧔 🦶 📄 🦽
3. 🌬️ 🌾 🌾
4. 🚔 🇮🇪 🚔 🚓 🏊
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