

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.

Contents:

10 Minute Reflection.....	Page 1
Sanity Saver Suggestions.....	Page 2
Mental Health Reminder.....	Page 3

Quote of the day;

“Don’t count the days. Make the days count.”

Muhammad Ali



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.

10 Minutes to Reflect on Your Day...

By reflecting on your day you are thinking carefully about what happened and how it made you feel. Reflective practice can help you develop creative thinking skills and process your feelings. Your reflections are just for you! You don't need to share them with anyone else unless you want to.

Date: _____

Three little things about today that meant a lot:

One thing you started;

One thing you finished;

One thing you can't believe is happening in your life right now;

Two ways you are responding to this;

1. _____
2. _____



Sanity Saver Suggestions!

Workouts

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

Websites

Fitness Blender (www.fitnessblender.com): website with free workout videos, health tips, recipes and a community forum and blog. You can tailor the videos by duration, difficulty and focus area.

Orangetheory at Home (www.orangetheory.com): free 30 minute workout video uploaded everyday on a range of focused areas.

Apps for phone

7 Minute Workout - app can be downloaded for free on your smart phone. App provides daily HIIT exercises.

FitOn - app can be downloaded for free on your smart phone. App provides workout videos for cardio, yoga, pilates, HITT and more.

Youtube Channels (free exercise classes):

- [Popsugar Fitness](#) - Offers dance, cardio, strength and yoga videos
- [The Body Coach TV](#) - Workouts for different fitness levels
- [The Fitness Marshall](#) - Dance Cardio workout
- [Body Project](#) - Workouts with low impact or high impact options





Covid-19 Mental Health Reminder

Get Dressed

Even if it's into comfort clothes, this will help you feel more productive and less in a rut

Do your Hair/Makeup

Even if you're not going anywhere this can help make you feel 'normal' in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that

Eat New Healthy Recipes

If you can, eat a variety of food. This will keep your body feeling healthy

Get Some Fresh Air

Fresh air will help you not feel so cooped up or 'stuck' in your home. Getting outside would be best but even standing at a window will be beneficial

Be Creative

Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed

Unplug

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away

Stay Connected

Even though we cant go visiting, make sure you stay connected. A good way is video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated

Reach Out

Mental Health is always important and especially during times like this. Reach out to the counselling team at 1800 844 600, to staff and remember to check in with your friends and family. We are all in this together!



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