

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 more than good enough and I
get better every day.***



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.

Self-Care Menu

Use the tips from our self-care menu below to look after yourself during the crisis

Take a few deep breaths....5mins

Stretch your body.....5mins

Listen to your favourite song.....5mins

Meditate.....15mins

Read a chapter of a book.....15mins

Journal out your thoughts.....15mins

Take a walk outside.....30mins

Get crafty.....30mins

Enjoy your lunch/dinner.....30mins



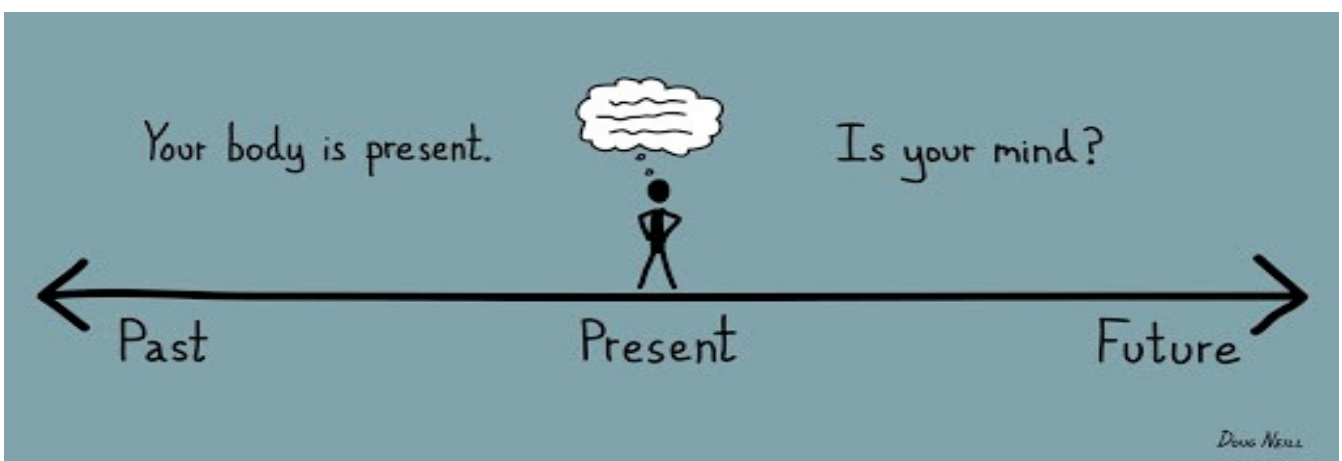
For more information please contact Sure Steps
Counselling on 01 635 4882 or
surestepscounselling@dubsimon.ie

Body Scan: Meditation Introduction

Tense and Release: Muscle Relaxation

Simple “body scan” techniques are an excellent way to help relax the body and de-stress anywhere throughout your day. Follow the simple technique below and let us know how you get on.

1. Lie down or sit comfortably. Put on some relaxing music, turn off your phone and all other distractions to create a comfortable, relaxing environment.
2. Close your eyes and, starting with the feet, gently squeeze the muscles in your feet for 5 seconds and then release. Feel the tension in your feet melt away and let your feet relax and sink into the floor.
3. Next squeeze the large muscles in the calves (lower legs) for 5 seconds and relax. Work your way up each section of the body. Upper legs, hips and glutes, lower back, upper back, shoulders, neck, upper arm, lower arm, hands and finally jaw, eyes and tongue.
4. Finally relax the whole body and focus on your breathing for as long as you feel comfortable.



For more information contact the Health and Wellbeing service at cd@dubsimon.ie