

# 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 let go of worries that drain my energy.*

*I am safe and sound. All is well.*



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](mailto:cd@dubsimon.ie).

# Try This Yoga Flow To Help You Relax

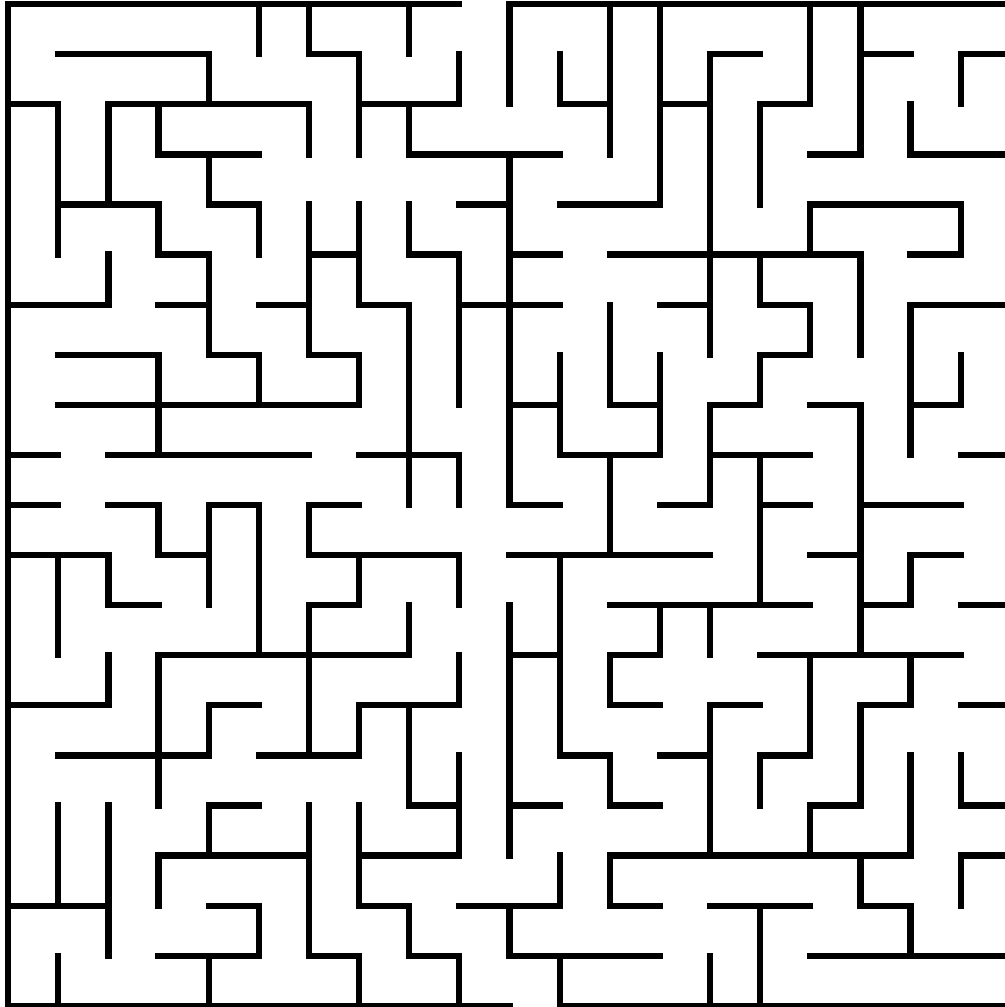
- Start in mountain pose (top left)
- Move through each pose holding for as long as is comfortable for you
- Make sure you do both sides in standing pigeon pose
- Control your breath in through the nose and out through the mouth
- Take a selfie while trying yoga and send it the Health and Wellbeing team at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)!



# Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the bottom of the maze.

Start here



Finish

# Free Self-Care Android Game Apps

(some will contain in-app optional purchases & ads)



## Headspace

Headspace is a great app when it comes to self-care. You can listen to a general guided meditation under their Basic Meditations or choose one that's more specific, such as Sleep or Relationships. The voice behind Headspace is so soothing, you'll feel more at ease in no time.



## CBT Thought Diary

Free Mood & Thought Journal. Lift your mood with Cognitive Behavioural Therapy. This can help you to gradually change your approach to life and make long-lasting changes in your mental well-being.



## Relax Melodies: Sleep Sounds

This is an app designed to help you sleep by providing you with soothing sleep sounds. You can combine sounds, like rain and piano, for instance. You can also choose your own sound combinations and make a personal sleep mix. Or, you can opt for Sleep Moves, guided exercises to help you get to sleep. You can also listen to the app if you want to just relax - napping or sleeping is not mandatory.



## Happify

Happify can help you out by reducing stress and helping you manage negative thoughts. The app has science-based games and activities to help your emotional well-being and guide you towards seeing the positives. You can choose from all kinds of categories, such as building your self-confidence or achieving mindfulness through meditation.



For more information please contact Sure Steps  
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