

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:

Meditation Made Easy.....	Page 1
Mindfulness Colouring.....	Page 2
Test Your Balance Challenge.....	Page 3

Today's Affirmation;

*Today is a brand new day.
My past does not define me.
My future is mine to create.*

Client Development would love to get your feedback! Tell us what you would like to see more of. Send us photos of your activities and we can include them in our Client's Eye magazine. Call us on 01 635 4884 or email us on cd@dubsimon.ie



Meditation Made Easy

Why not try it today and/or recommend it to a friend

Headspace is a free app that helps you on your way to achieving a healthier, happier you. The app provides 10 beginner 'Introduction to Mindfulness' sessions, suitable for all levels. The app can be downloaded for free from the app store and the introduction sessions are free.

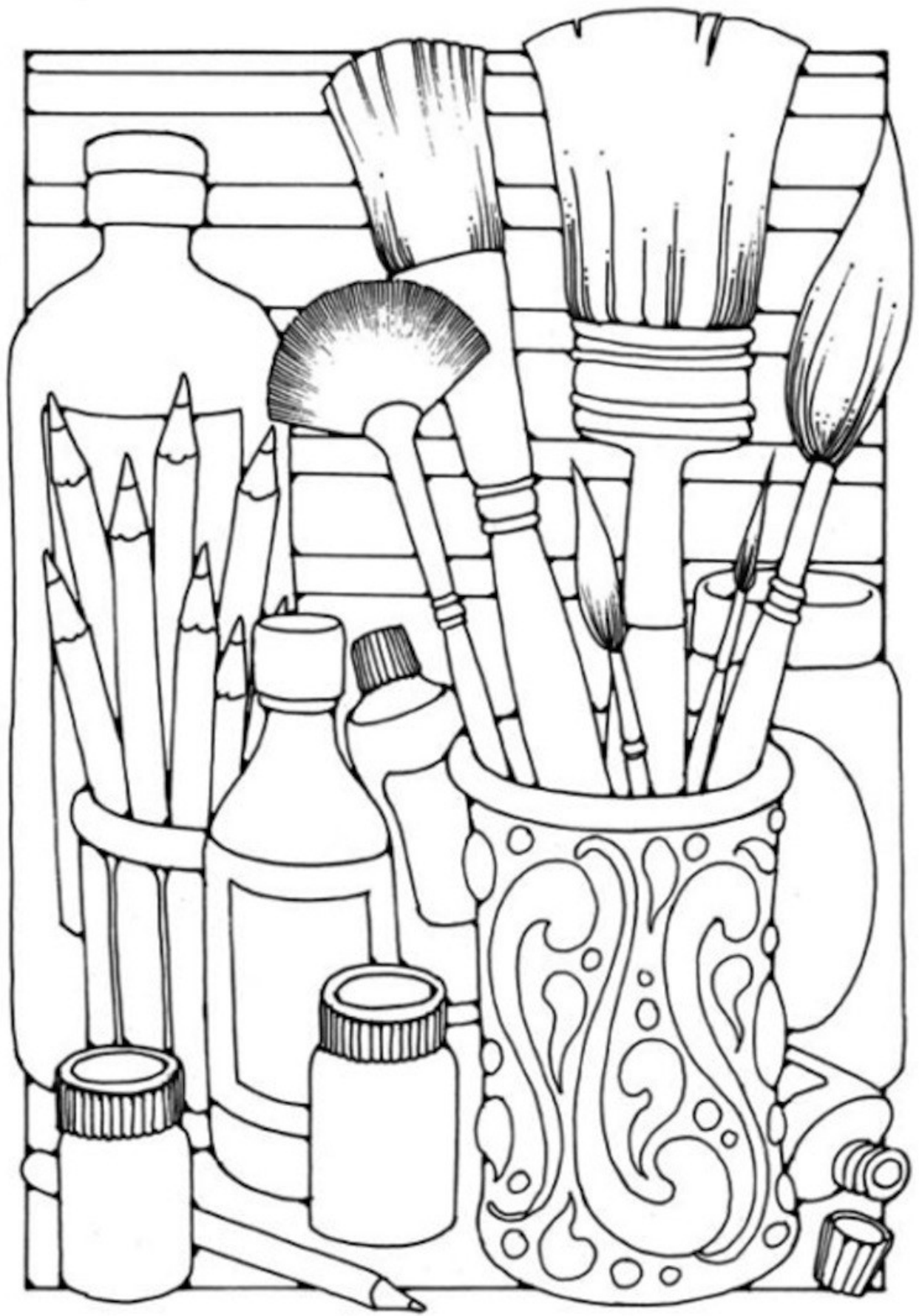
Guided meditation describes a type of meditation led by a teacher, in person or via audio or video.

When starting out, having an expert lead you through the basic steps of your meditation practice is recommended. Whatever skill we are learning in life, having an experienced teacher we can trust and relate to is important.



Background to Headspace

In the Headspace app meditations are guided by a Buddhist monk. This 'calming' meditation promotes both awareness and compassion for yourself and others.



Dublin
Simon
Community

Test Your Balance!

Balance is very important for maintaining our overall health, particularly as we get older.

The good news is, like any skill, it can always be improved. The more you practise the better you will get.

Below are some simple exercises to help you work on your balance.



Challenge 1

- Stand close to a chair or wall
- See how long you can stand on one leg without touching the chair or wall
- Ask a friend to time you
- Try both sides



Advanced Challenge 2: Airplane Pose

- Stand on one leg
- Spread your arms out wide and bend at the hips
- Stretch your back leg out straight until your upper body is nearly horizontal with the floor
- Hold this position for as long as possible



Send your best time with your name
to the Health and Wellbeing service
at cd@dubsimon.ie!