

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:

Deep Breathing Exercise.....	Page 1
Mindfulness Colouring.....	Page 2
Creating the Bridge to Middle Ground.....	Page 3

Daily Affirmation;

I am smart.

I am confident.

I am kind.

I am enough.

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 at cd@dubsimon.ie



Try some deep breathing exercises to help you relax today

1. Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.



2. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.



3. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.



Tips:

- If possible, practice this exercise in a quiet location
- Play some relaxing meditation music
- Count 10 breaths at a time, rest and count to 10 breaths again (repeat as many times as you can)
- Try to extend your breath in and out for 3-5 seconds to slow the rate of breathing



Dublin
Simon
Community

Creating the Bridge to Middle Ground

How to think and act in a more balanced way



- ♦ Move away from “**either/or**” thinking to “**both/and**” thinking. Avoid extreme words like: “always”, “should”, “never”, “you make me...”
- ♦ Practice looking at different sides of a situation and alternative points of view. Find the kernel of truth in both points of view
- ♦ Remember, there is often no absolute truth. Truth can often be found in both sides
- ♦ Other views can be valid even if you don’t like or agree with them
- ♦ Don’t stand on one side or the other, try to find a middle way between the tension or conflict
- ♦ Practice balancing acceptance with change by saying things like “**This is really hard for me, and I am going to keep trying**” and “**I am doing the best I can, and I am going to try harder**”
- ♦ Practice sitting with feelings and notice feeling more than one emotion. An example might be: Loving someone but feeling angry with them at the same time