

# Client Development Activity Pack!

In this pack you will find challenges, exercises and activities 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 strong.**

**My life has meaning and purpose.**



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).

# Crack the Code

Each letter has an assigned symbol. Use the code to find a positive affirmation to use when practicing mindful breathing.

a	b	c	d	e	f	g	h	i	j
☺	♫	♫	♫	♫	♫	♫	♫	♫	♫

k	l	m	n	o	p	q	r	s	t
&	●	○	■	□	▲	▼	△	◆	◆

u	v	w	x	y	z
▶	❖	▷	⊗	⊠	⌘

When I breathe,

\_\_\_\_\_

⌘                      ⌘      ■      ☺      ●      ♫

\_\_\_\_\_

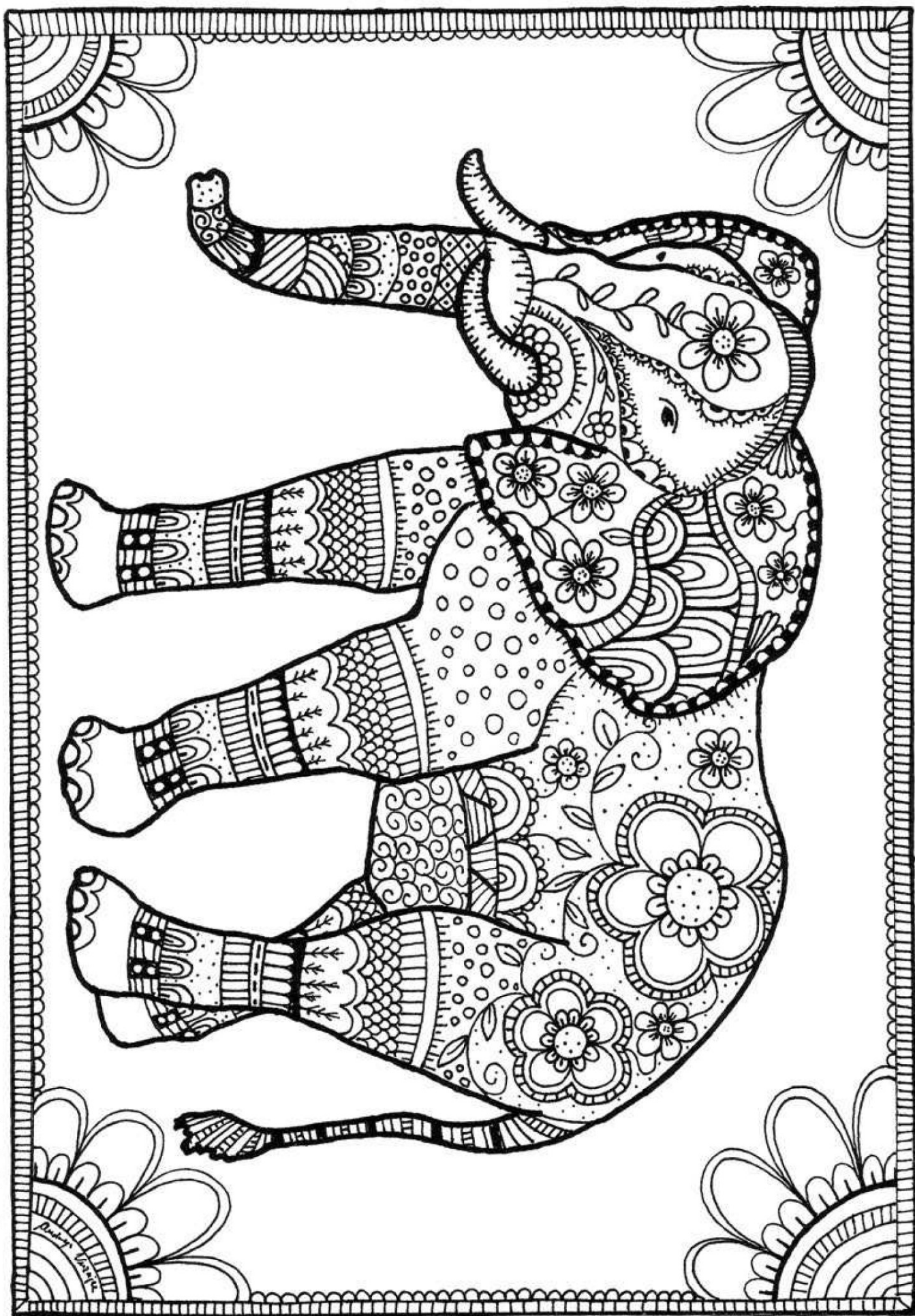
♫      □      ■      ♫      ⌘      ♫      ♫      ■      ♫      ♫

\_\_\_\_\_

☺      ■      ♫                      ♫      ⊗      ☺      ☺      ●      ♫

\_\_\_\_\_

♫      ♫      ☺      △



# What is Mindfulness?



**Mindfulness is an ancient Buddhist practice which is very relevant for life today. Mindfulness is a very simple concept. Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally. This increases awareness, clarity and acceptance of our present-moment reality.**

Mindfulness does not conflict with any beliefs or tradition, religious, cultural or scientific. It is simply a practical way to notice thoughts, physical sensations, sights, sounds, smells - anything we might not normally notice. The actual skills might be simple, but because it is so different to how our minds normally behave, it takes a lot of practice.

Mindfulness can simply be noticing what we don't normally notice, because our heads are too busy in the future or in the past - thinking about what we need to do, or going over what we have done.

Being mindful helps us to train our attention. Our minds wander about 50% of the time, but every time we practise being mindful, we are exercising our attention "muscle" and becoming mentally fitter. We can take more control over our focus of attention, and choose what we focus on... rather than passively allowing our attention to be dominated by that which distresses us and takes us away from the present moment.

Mindfulness might simply be described as choosing and learning to control our focus of attention, and being open, curious and flexible.