







Saint John of God Community Services clg
Dublin South East Services

St. John of God DSE Occupational Therapy Department

Have A Good Day To Stay Well:

At this time it's very important to have a routine for each day. Decide what you are going to do each day and stick with your plan. It's important not to put too many things to do in your plan and to leave some gaps to relax. Look back at the end of the day using the Wellness Diary (see below) to look at all the happy things you have done.

	<p>Morning</p>
	<p>Routine: Decide what you're going to do today</p> <ul style="list-style-type: none">• http://templatelab.com/daily-planner-template/
	<p>Shower and Get Dressed: It's really important to get up, showered and dressed each day so you can carry out meaningful activities!</p>
	<p>Nutrition – Eating well: A good diet will help keep your mind healthy.</p> <ul style="list-style-type: none">• https://www2.hse.ie/wellbeing/how-to-eat-well.html• https://www2.hse.ie/file-library/health-eating-active-living/daily-meal-plan-a4-matthew-age-21.pdf

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Reg. Company No. 430744 Reg. Charity No. CHY18284 CRA No. 20069865

Hospitality Respect Justice Compassion Excellence



Afternoon



Keeping your Body Healthy:

Physiotherapist Laura Conry has provided links and information to easy exercise activities.

These were circulated to DSE staff and should be available on PDF format.

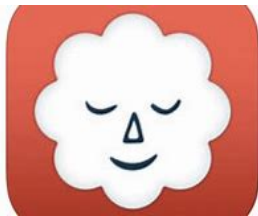


Deep Breathing Videos that have simple instructions and are easy to follow :

https://www.youtube.com/watch?time_continue=1&v=YnNATiWYyx0&feature=emb_logo

https://www.youtube.com/watch?v=O29e4rRMrV4&feature=emb_logo

https://www.youtube.com/watch?v=bRkLIoT_NA



Stop breathe & think app: A friendly app to guide people through meditations for mindfulness & compassion.

<https://www.stopbreathethink.com/>



Relaxation videos that are suitable for everyone:

- Float through the cosmos-
<https://www.youtube.com/watch?v=EeqF6m3Mqg>
- Beautiful relaxing music-
<https://www.youtube.com/watch?v=TwXilp2mUtE>



Virtual Tours: Enjoy visiting famous places in Ireland and around the world from your home!

- Tours in Ireland : <https://www.theirishroadtrip.com/virtual-tours-ireland/>
- Tours around the world:
<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>



Mindfulness colouring: Mindfulness colouring sheets to print at home.

<https://www.twinkl.ie/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>



Crafts and Gardening at home: Occupational Therapists Maria Kennedy and Kate Mulgannan show us how to make easy crafts and gardening activities that can be enjoyed at home

The link below contains link to various Adobe videos and social stories

<https://vimeo.com/user116039073>

SCAVENGER HUNT



kindergarten.blogspot.com

Outdoor Activities: Getting outdoors (while keep correct distance from others) is important.

A scavenger hunt is a great way to make walks meaningful while keeping a safe distance from others.

<http://www.pottcoconservation.com/blog/?p=1649>

audible 

Audible books for all ages: Amazon Audible have released 100's of free audiobooks for young adults.

<https://stories.audible.com/start-listen>



Flower Garden App: Flower Garden gives you a soothing, creative experience to be enjoyed over time.

<https://play.google.com/store/apps/details?id=com.fairyenginellc.flowergarden&hl=en> IE



Easy cooking recipes:

<https://www.bromleymencap.org.uk/wp-content/uploads/2011/02/Easy-read-recipes-version-May-2017-embedable.pdf>

<https://accessiblechef.com/recipes/>



Evening Time

Sensory balanced Daily Schedule:

- <https://www.spdstar.org/node/1485>
- <https://ncse.ie/wp-content/uploads/2020/03/Lets-Get-Regulated-Information-for-Teenagers.pdf>
- <https://ncse.ie/wp-content/uploads/2020/03/Activities-and-ideas-for-learning-at-home-for-children-with-Severe-and-Profound-Needs.pdf>



Creating a Sensory Area:

What is it? It's a safe calm space for you to access throughout your day. It can be used when you are upset, distressed or when you need some time to chill and relax!

How do I make it?: There is no set recipe or instructions for making a cosy area. You can make your cosy area fit your home; working with whatever space you have available!



Wellness Diary:

At the end of the day look back and see if you did what you planned and keep Wellness Diary

<https://www.walkinmyshoes.ie/media/1956/wellness-journal-primary.pdf>



Sleep:

One simple line on the importance of sleep Link to our sleep

<https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Sleep%20hygiene/Sleep%20Hygiene%20Tips.pdf>

I Love to Sleep



If you have any questions please contact the Occupational Therapy Department Dublin South East eucemia.oleary@sjog.ie/maria.kennedy@sjog.ie/kate.mulgannon@sjog.ie