

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:

| | |
|-------------------------------|--------|
| Quarantine Bingo..... | Page 1 |
| Mindfulness Colouring..... | Page 2 |
| Building Positive Habits..... | Page 3 |

Daily Affirmation;

1 am loving and kind.

1 am talented and courageous.



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.

Quarantine Bingo

Instructions: Find someone to play with or play on your own! Check off the items on your card as they occur. Once you have all items checked, shout “Bingo!” You’ve won!

Draw a heart/kiss on a piece of paper and tape it on someone else’s door

Reassure someone who is anxious

See how many squats you can do holding a water bottle

Make 3 people laugh

Give yourself a hug

Pay someone else a compliment

Avoided handshakes

See someone wearing a mask

Heard someone say the word ‘pandemic’



For more information please contact Sure Steps
Counselling on 01 635 4882 or
surestepscounselling@dubsimon.ie



Dublin
Simon
Community

Building Positive Habits: A Simple Tool

There are some simple steps you can use to enforce a positive habit you have always wanted to build.

All habits focus on a stimulus, the habit itself and then the immediate reward.

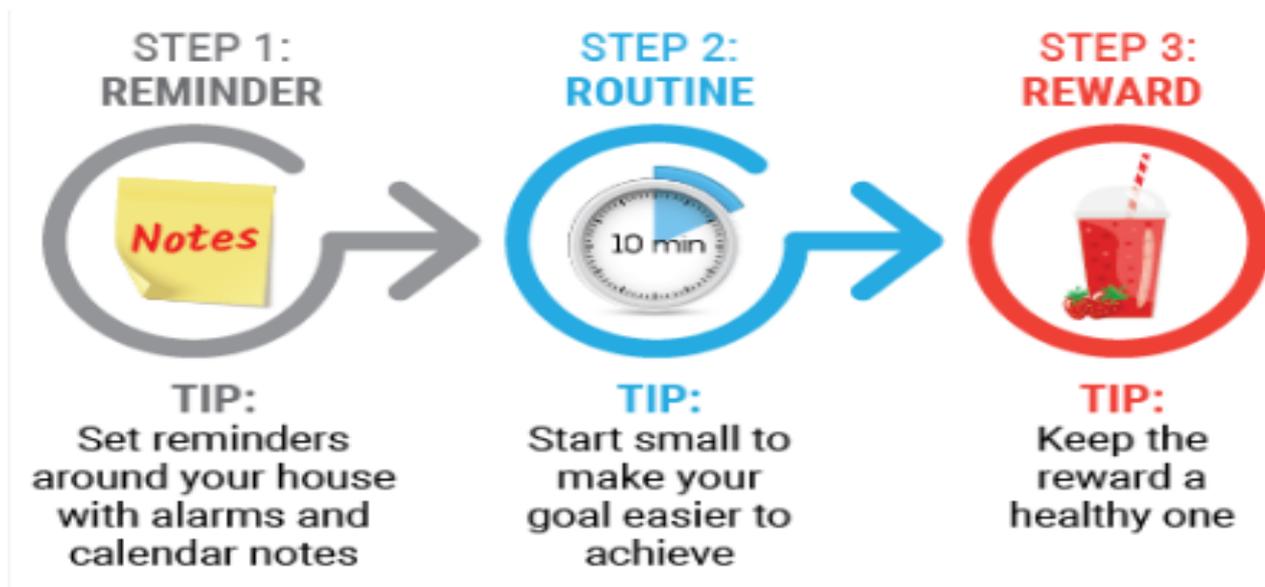
Step 1: Set a reminder for your new habit

Step 2: Choose a habit and scale it so it is easy to start

Step 3: What is your reward? It's important to celebrate (This is just as true in life as it is with habits)

Choose a habit you have been thinking about starting. Examples could be writing a journal, practising yoga, walking, jogging, reading or learning to play an instrument.

3 R's of Habit Building



An example of putting the 3 R's into practice:

Goal: *I will start my day by practicing 10 minutes of meditation before breakfast each morning*

Reminder: I will set an alarm at 8.30 each morning to remind me to meditate before breakfast

Routine: I will sit in a quiet room and listen to my headspace meditation app for 10 minutes

Reward: I will assess how I feel after I complete my meditation and acknowledge how it helps me relax and reduce stress and anxiety before I face the day



For more information please contact the Health and Wellbeing service at cd@dubsimon.ie