

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.

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Monday Motivation;

“The more difficult the victory, the greater the happiness in winning.” - Pelé

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.



The Wall Sit Challenge!

Wall sits work your entire lower body – your glutes, your hamstrings and your quads. The main purpose of this exercise is to increase muscular endurance. You will notice that you will be able to hold a wall sit for longer over time. All you need to perform a wall sit is a flat wall!

Technique:

1. Start with your back against a wall, feet shoulder width apart and about 60cm out from the wall
2. Slowly slide your back down the wall until your thighs are parallel to the ground
3. Adjust your feet so your knees are directly above your ankles (rather than over your toes)
4. Keep your back flat against the wall
5. Hold the position for 20 to 60 seconds
6. Slowly slide back up the wall to a standing position

Rest for 30 seconds and repeat the exercise three times. Increase your hold time by 5 seconds as you increase your strength.



Try The Wall Sit Challenge Today!

- ⇒ Hold the wall sit pose for as long as possible
- ⇒ Get a friend to take a photo (while maintaining social distancing)
- ⇒ Share your time and photo with Client Development at cd@dubsimon.ie!



Sudoku

Sudoku 9x9 Puzzle

Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

8			5	2	9			4
2	9		7	4	3		6	5
4	7	5				2	9	3
	4		6	3	2		1	
3	6	9	1		5	4	8	2
	2		9	8	4		5	
9								7
7	5		4	9	1		2	8
6	8		3	5	7		4	1

Grounding Techniques

With PTSD it is common to have intrusive memories of traumatic events. Even though these events happened in the past, when the memories come to us it can feel as though the events are happening again in the present. This can be extremely upsetting. To combat this it is helpful to find ways that help you to 'ground' yourself back in the safety of the present moment.



Breathing

When we are anxious or upset our breathing becomes more rapid. We can feel better by deliberately slowing and relaxing our breathing. Anxious breathing is up in the chest, whereas relaxed breathing happens deeper in the belly.

Relaxed breathing instructions;

- ➡ Breathe in slowly and steadily through your nose for a count of 4 - don't rush this!
- ➡ Pause for a count of 1.
- ➡ Exhale slowly and steadily for a count of 4, breathe out gradually, try not to breathe out with a sigh.
- ➡ Repeat for a few minutes until you notice a change in how your body feels.
- ➡ If you get distracted, or if your mind wanders, just bring your attention back to how it feels to breathe in and out.

Smells

Smells are an incredibly powerful way of coming to our senses. If you are deliberately paying attention to a smell you are truly in the present moment. Try to find a smell that has positive associations for you - maybe one that reminds you of happy times, or a smell which you enjoy. Carry it with you and use it to bring yourself back to the present moment if you get caught up in an unwanted memory (soap, essential oils, spices).

Grounding Statement

Unwanted memories in PTSD can make us mentally 'time travel' back to the trauma, and we can sometimes forget that we are safe in the present. It can be helpful to write a 'grounding statement' to remind yourself that you are safe. You can carry it around with you and read it if you become upset. Useful statements talk about safety, or remind you of what is different now compared to then.

For example: *"It is 2020 and I am safe. My trauma happened a long time ago and I survived. My trauma happened in the past and I am only remembering it now. The memories upset me, but they are just memories, they cannot hurt me. I am safe in the present moment. I know I have survived because I am bigger and older than in my trauma memory. I have my own family now, and I am loved."*



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