

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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Daily Affirmation;

I am strong and healthy.

I am calm and confident.

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.



Coronavirus (COVID-19) words and terms explained in plain English

Many people find health information difficult to understand, particularly at the moment. The National Adult Literacy Agency (NALA) has compiled an A-Z list of words about coronavirus (also called COVID-19) with plain English explanations. Today we are looking at A-C. Visit <https://www.nala.ie/covid-19-words-explained/> for the full list.

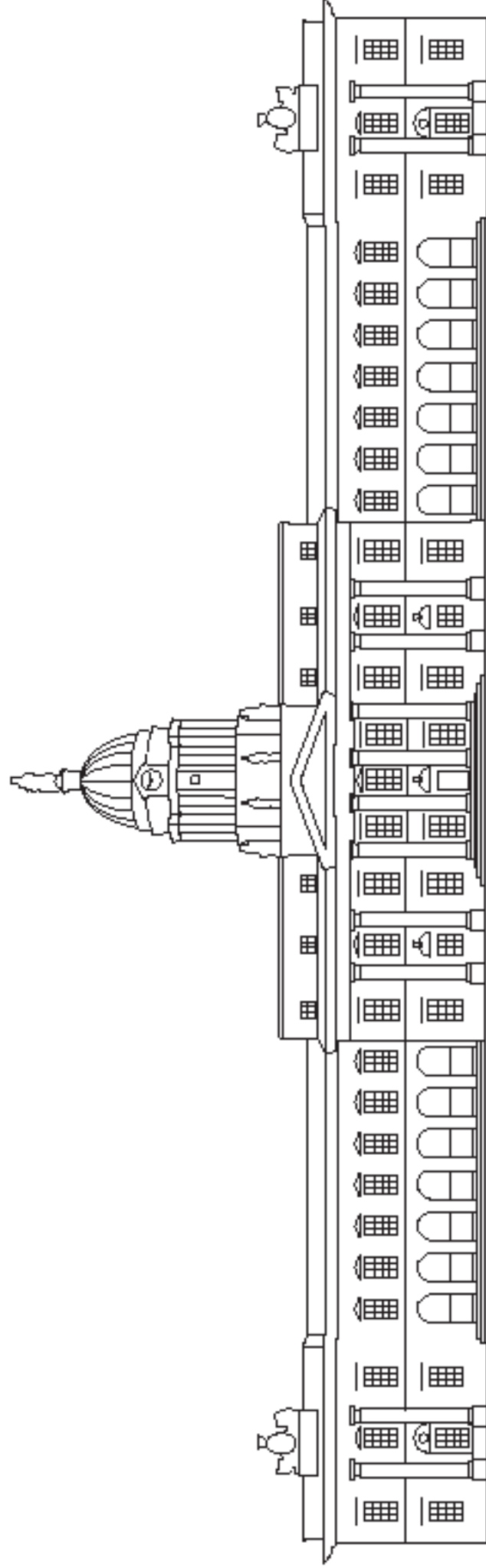
A

Asymptomatic	This is where you are not showing any symptoms that you have COVID-19. However, you can still pass the virus on to others.
At-risk groups	<p>There are some groups of people who may be more at-risk of serious illness if they catch COVID-19.</p> <p>You are more at risk of serious illness if you catch COVID-19 and you:</p> <ul style="list-style-type: none">• are 60 years of age and over - people over 75 are particularly vulnerable,• have a long-term medical condition - for example, heart disease, lung disease, diabetes, cancer or high blood pressure, and• have a weak immune system (immunosuppressed) <p>Source: HSE webpage on At-risk groups and coronavirus</p>

B

Body temperature	The normal adult body temperature is 36.5 to 37 degrees Celsius. A high temperature or fever is 38 degrees Celsius or above.
Case	<p>This is a person with COVID-19.</p> <p>(An index case is the first documented case in a population, region, or family.)</p>
Chain of infection	<p>This is how an infection spreads from one person to another.</p> <p>This can also be called chain of transmission.</p> <p>You can read more on this in the HSE Patient Safety sheet on germs.</p>
Clinical trials	These are types of research that study the effectiveness and safety of medications (such as vaccines) by monitoring their effects on large groups of people.

The Custom House



What Does Exercise Do For The Mind And Body?



Exercise leads to positive changes in physical and mental wellbeing

Exercise increases your energy levels

Increasing your physical activity will actually reduce feelings of low energy or fatigue. You can think of exercise as being like an elastic band in a child's toy: exercise 'winds up' the elastic band storing more energy in it.

Exercise leads to better sleep

Exercise has been shown to improve sleep quality. Exercise has even been suggested as an alternative or complimentary form of therapy for people who experience problems sleeping. Research suggests that doing exercise 4 to 8 hours before bedtime is likely optimal for improving sleep quality, although some exercise at any time of day seems to be beneficial.

Exercise increases self-esteem

People who take part in regular physical exercise tend to have a higher level of physical self-worth, improved body image, and a higher level of self-esteem. Physical exercise has been recommended as a treatment for adults with low self-esteem.

Exercise lowers your risk of death

Physical inactivity is estimated to cause 9% of all premature deaths. Research in the USA, suggests that women over 50 who change their physical activity status from inactive to active increase their life expectancy by between 1.5 and 3.5 years. For men the figure is 1.3 to 3.7 years.

Exercise lowers your risk of ill-health

Regular physical activity is strongly associated with a decreased risk of many serious health conditions including diabetes, stroke, and cancer. Often these health-related benefits occur in the absence of weight changes – so even if you don't lose weight you are still doing your health a favour!

Exercise improves your brain function

Exercise is shown to have a positive effect on mental performance. Exercise has also been found to improve concentration, reduce levels of irritability and may slow the deterioration in balance and mobility in patients with Alzheimer's disease.



For more information please contact Sure Steps
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