# 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:**

Dublin Castle Emoji Challenge....... Page 1
THINK by Sure Steps Counselling.... Page 2
Sing-A-Long with Maple House...... Page 3

### **Today's Affirmation;**

Today I will embrace self-care as an <u>essential</u> part of my wellbeing.



Client Development would love to get your feedback! Tell us what you would like to see more of. Send us photos of your activities and we can include them in our Client's Eye magazine. Call us on 01 635 4884 or email us on cd@dubsimon.ie

#### **Dublin Castle Emoji Challenge!**

Another day, another emoji challenge! This has been brought to you by the Education Team in Dublin Castle. Look at the emoji's to figure out the popular Irish TV shows! Just to help get you started; the answer to no.1 is Derry Girls! Send your answers to cd@dubsimon.ie. Good luck!









## THINK!

Ask yourself if your thought is:

#### True?

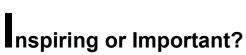
Is this thought FACT or opinion?

What IS absolutely true about this situation?

# Helpful?

Is this thought helpful to me?

What WOULD be helpful to think right now?



Does this thought inspire me, or is it very important, right now? What IS really important to think or do right now?

# Necessary?

Do I really need to believe and act on this thought? Immediately? Later? Never? What IS necessary to do right now?

## Kind?

Is this thought kind to me or others?

What WOULD be a kind thought, right now?

If you answer NO to any of these **THINK** questions, you can:

- Safely dismiss the thought
- React to the thought using the more reasonable (blue/italics) thoughts

Then choose your new focus of attention.



For more information please contact Sure Steps Counselling on 01 6354882 or

surestepscounselling@dubsimon.ie

#### Sing-A-Long

There are some very talented musicians and singers in Dublin Simon's Maple House service and they asked us to include some song lyrics in this pack. We chose 'We Are the World' by USA for Africa. This song has made a bit of a comeback in the last few weeks and as Ed in Maple House pointed out - there are a lot of relevant meanings in the lyrics.

There comes a time
When we heed a certain call
When the world must come together as one
There are people dying
Oh, and it's time to lend a hand to life
The greatest gift of all

We can't go on
Pretending day-by-day
That someone, somewhere soon make a change
We're all a part of God's great big family
And the truth, you know, love is all we need

We are the world
We are the children
We are the ones who make a brighter day, so let's start giving
There's a choice we're making
We're saving our own lives
It's true we'll make a better day, just you and me

Oh, send them your heart
So they know that someone cares
And their lives will be stronger and free
As God has shown us by turning stones to bread
And so we all must lend a helping hand

When you're down and out, there seems no hope at all But if you just believe there's no way we can fall Well, well, well let us realize Oh, that a change can only come When we stand together as one, yeah, yeah,

