

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 can accept that I don't need to be perfect.

I am growing from my past.

I am learning from my mistakes.



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.

Crack the Code

Each letter has an assigned symbol. Use the code to discover the punch line to the joke below.

a	b	c	d	e	f	g	h	i	j
☿	♌	♍	♎	♏	♐	♑	♒	♓	er

k	l	m	n	o	p	q	r	s	t
&	●	◯	■	□	▲	▼	△	◆	◆

u	v	w	x	y	z
▶	✦	▷	⊠	⊞	⌘

What did the left eye say to the right eye?

 ☿ ♏ ◆ ▷ ♏ ♏ ■

 ⊞ □ ▶

 ☿ ■ ♎

 ◯ ♏,

 ◆ □ ◯ ♏ ◆ ♒ 𐀀 ■ ♑

 ◆ ◯ ♏ ● ● ◆



Chair Yoga

- Start in a seated position (top left)
- Move through each pose holding for as long as is comfortable for you (from left to right)
- Control your breath in through the nose and out through the mouth
- Take a selfie while trying yoga and send it the Health and Wellbeing team at cd@dubsimon.ie!

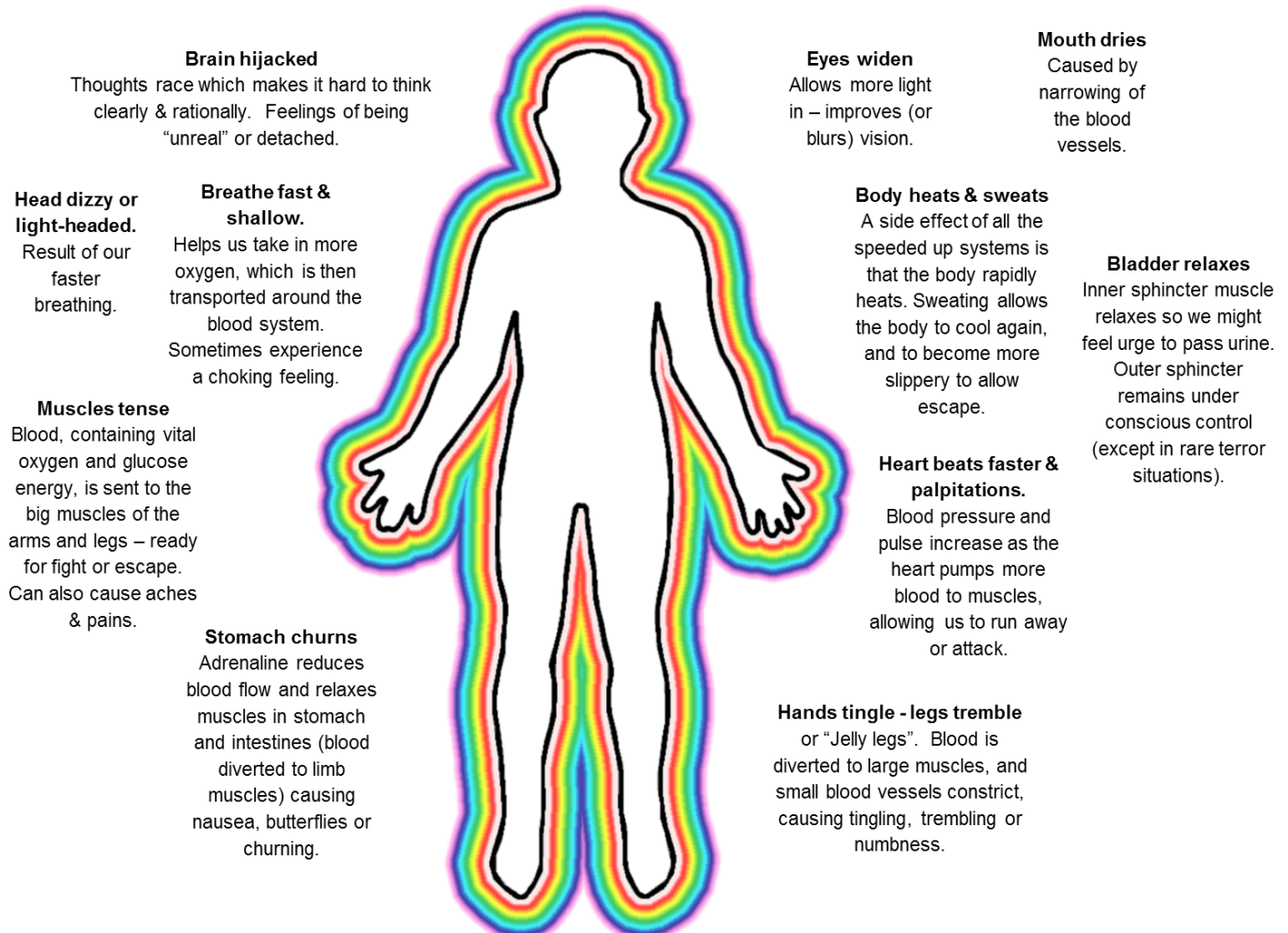


Alarming Adrenaline

The body's alarm system

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands.

We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety). After the adrenaline has died down, we can feel exhausted, shaky and weak.



The best thing to do in such situations is trying to slow your heart rate down. This will reduce the amount of adrenaline sent into your blood stream and will reduce all uncomfortable physical sensations.

Sit or lie down, and breathe in and out very slowly. Don't worry, you are not having a heart attack and nothing bad will happen to you.

Focus on your breathing and your body will respond accordingly.



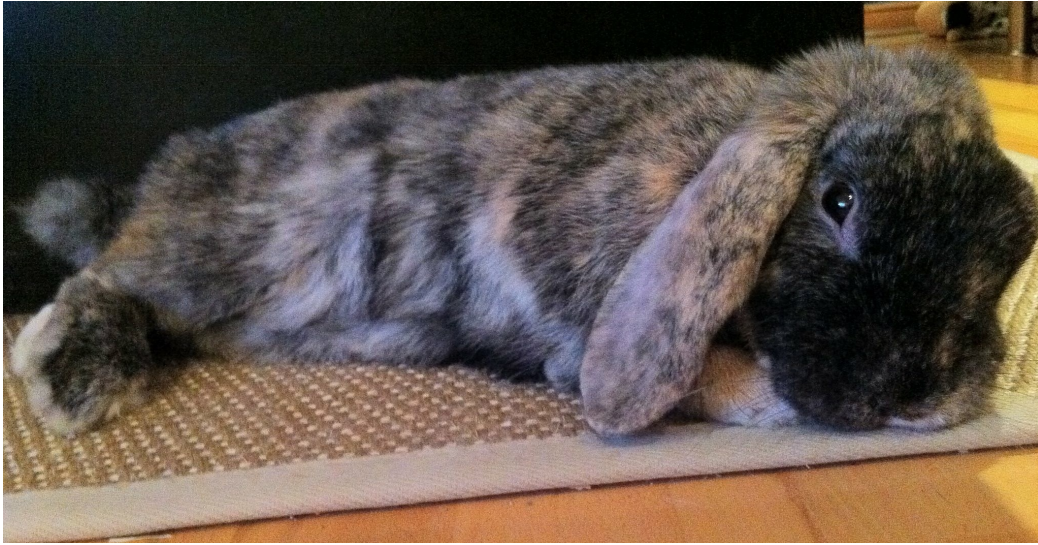
For more information please contact Sure Steps
Counselling on 01 635 4882 or
surestepscounselling@dubsimon.ie



Dublin
Simon
Community

Friday Showcase

Thanks to those of you who got in touch with us this week. It is great to hear your feedback and ideas for the activity packs, please keep them coming to cd@dubsimon.ie!



On Monday we asked you to send us captions for this gorgeous photo of Buster the rabbit and you sent us some great suggestions! Here are two of our favourites;

"I'll keep an ear to the ground for you", "Gossip!! I'm all ears"

by Ed

"I've had enough of this isolation, I just need to Bust out of Ere!"

Two lovely bunnies came to our house in Riversdale. Two lovely and friendly bunnies and those bunnies could nearly talk to you. Their home is beautifully decorated and they look so snug and cosy. We all play an active role, staff and residents, to make sure that they are fed and cleaned and we are never late. We have them two years now and I must say that we love them dearly.

by Rita

