

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 in control of my life.

I am moving towards my goals.



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.

Features of the Earth Word Search

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

i	n	y	n	t	b	g	k	d	u	a	t	c	q	y
s	z	i	v	e	s	s	i	j	a	l	s	w	g	i
l	q	j	a	l	l	a	f	r	e	t	a	w	r	r
a	a	c	l	t	a	r	o	c	t	z	n	c	e	c
n	h	i	g	x	n	k	q	c	a	t	y	i	v	k
d	h	u	m	i	r	u	e	z	l	d	c	u	i	d
e	y	n	v	t	u	p	o	d	p	a	q	x	r	c
f	t	r	v	j	p	p	y	m	l	r	e	u	y	a
b	l	d	c	a	v	e	h	g	y	r	w	w	d	r
v	o	l	c	a	n	o	n	f	l	y	k	x	m	v
c	a	w	u	o	x	s	v	d	q	o	m	r	p	z
n	d	l	z	b	u	x	f	b	y	c	u	z	i	t
k	n	c	l	o	y	i	p	m	g	m	b	x	w	a
j	d	x	e	e	k	s	k	j	g	k	v	q	x	h
f	f	i	l	c	y	x	n	e	z	n	v	v	h	c

beach

cliff

coast

glacier

hill

island

lake

mountain

river

valley

volcano

waterfall

cave

plateau

My Healthy Behaviour Change: Goal Setting

Setting small achievable goals is essential for positive healthy behaviour change

Some simple habits that can help improve your health;

- ⇒ Get adequate sleep. It is recommended we get between 7-9 hours sleep every night. Tips that can help improve your sleeping patterns include: turning off your phone when you go to bed, reducing coffee and tea intake after 5pm, cleaning your room and making your bed every day.
- ⇒ If possible, eat at least 5 portions of fruit and vegetables every day.
- ⇒ Exercise regularly. 20 minutes of moderate activity a day is advised for good health.
- ⇒ Drink 1.5 litres of water a day.



3 Questions to Ask Yourself;

1. What specific habit do I wish to start in order to improve my health?

Examples: start yoga, reduce smoking, drink more water, start jogging, eat more fruit.

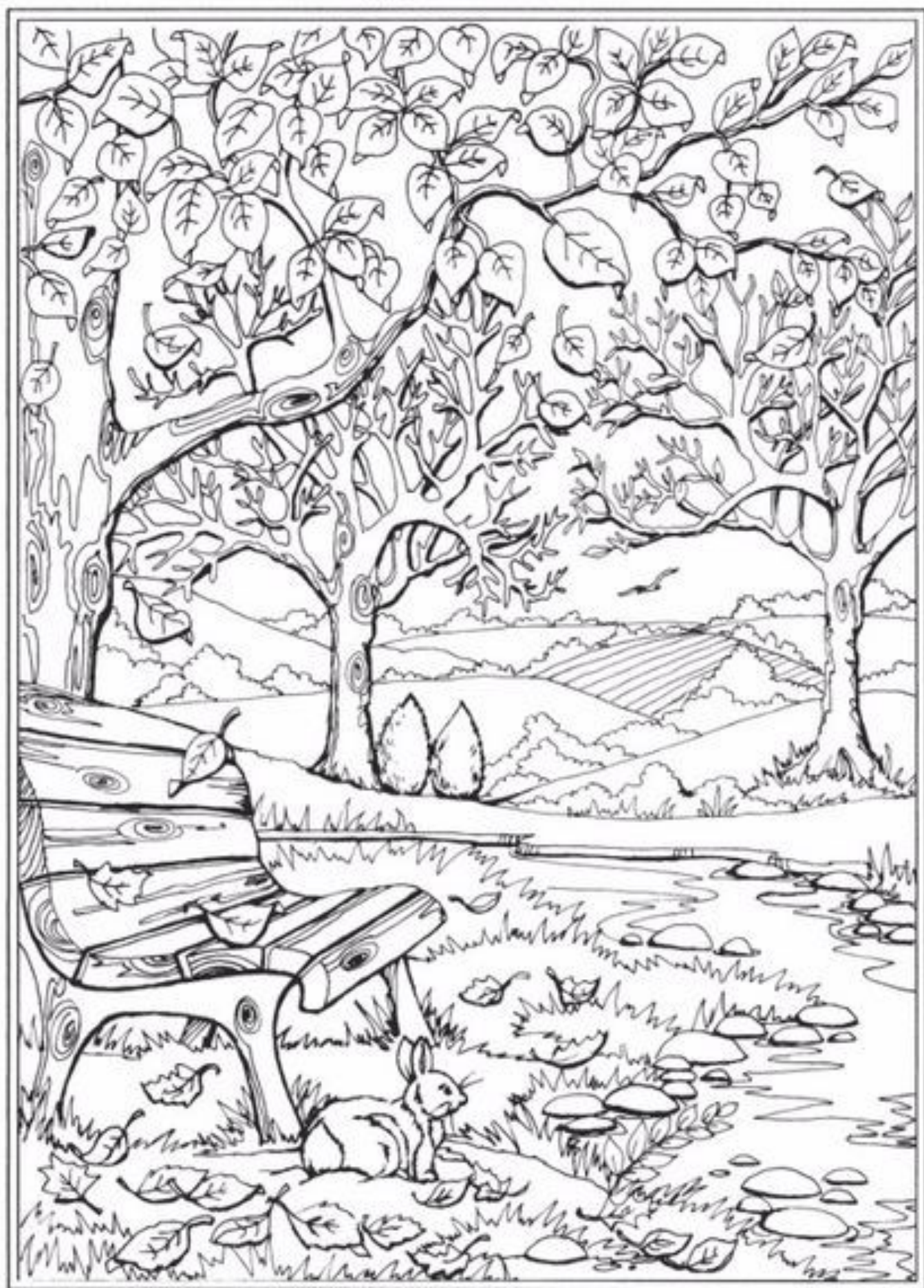
2. What would I like to achieve as a result of changing this behaviour?

Write down the positive effect you hope to gain from adapting a new habit.

3. What positive statement can I write out regularly to help motivate myself?

If you can keep a new habit going for up to 21 days it can become easier to maintain for life.
Using mantras or positive statements for motivation can help reinforce the habit.





Your Counselling Team during the Corona Crisis!

We are available to you from 8am-10pm Monday to Friday and 4pm-10pm Saturday and Sunday.

We can text, phone, or video call you, whatever you prefer. A phone has been sent to your service for contacting the HSE, you can also use it for contacting us. It has WhatsApp on it. Staff will show you how to use it and make sure you have privacy for the call.

You can also use the **Freephone number 1 800 844 600** - this is us as well!

If you are afraid to call, we can call you. Send us a text message and we will call you back or you can ask a member of staff to contact us.

8am-5pm Weekdays:



Andrea

086 010 0038



Tim

086 465 1570



Karen

086 130 4331



Clare

086 023 6837

5pm-10pm Weekdays and 4pm-10pm Weekends:



Kirstine

086 142 8938



Elisa

086 419 9105



Eoghan

086 043 2225



Nereko (from May 2020)

086 780 5723



Friday Showcase

Thanks to those of you who got in touch with us this week! It is fantastic to see the creative ways you have been keeping busy during this difficult time. Please keep your photos and suggestions coming to cd@dubsimon.ie!



They say I am only the shadow of the man I once was,

As at one time I lived life like a millionaire but hope says I can still phone a friend.

As in darkness my friend walks with me in this dark valley and with him I can see the light shine from above...

My Forever Friends.

Dezi Jay M April 2020

Hi all,

Just some stuff that helps me get through the long days. It's good to have a few options available to you like reading books, crosswords, sudoku, colouring, TV, radio, exercise etc. I find the staff helpful providing colouring pencils and any amount of wellbeing creations to colour in. Simon have been great with their daily activities pack and supplying plenty of books to the hostels. Staff here have printed off sudoku and crosswords and are always willing to help keep us occupied. A big thank you to all involved caring for the homeless and helping us in this difficult time. It's by no means easy but it is what it is. Well done to you all on the homeless frontline, stay safe.

Ed



Mark and Dainius are so determined to keep fit and healthy they have set up a home gym in their service. Well done lads, you're an inspiration, keep it up!