

Client Development Activity Pack!

In this pack you will find challenges, exercises and activities 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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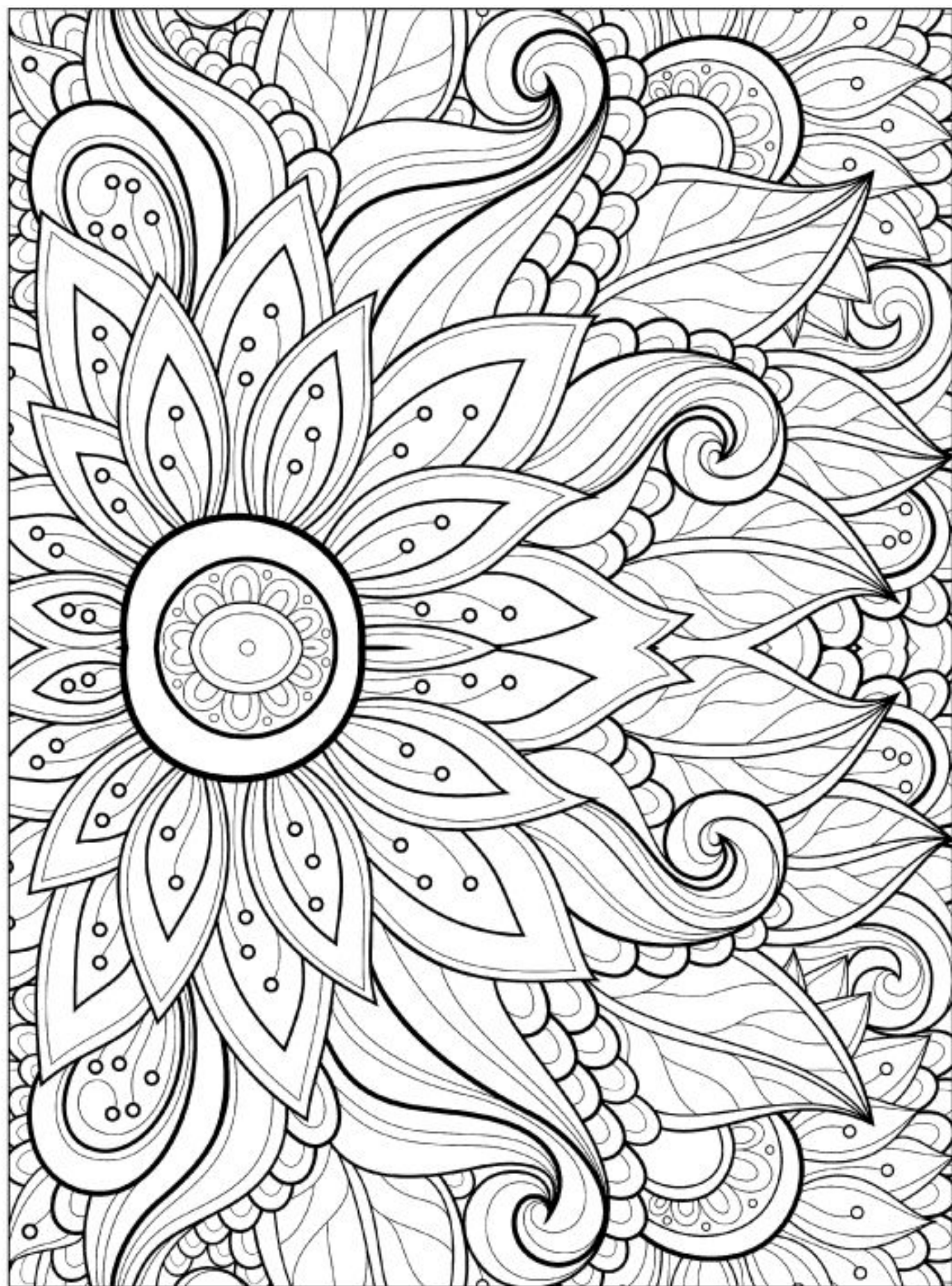


Try our origami crane tutorial!

We have emailed an origami crane video tutorial out along with this pack. Have a go at this relaxing activity and let us know how you get on! If you don't have any origami paper just use regular printing paper cut into a square shape. Send us photos of the end result and enjoy trying something new!



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.



Managing Isolation During COVID-19

Virtual Connection

We can't meet people face to face now, but we can phone them or connect through social media



Take on New Opportunities

We have more time on our hands now than normal or have to spend more time inside – can you try to do something you always wanted to do or learn?



MANAGING ISOLATION DURING COVID-19



Find Purpose in your Days

Make a list of things you want to do each day, or goals you want to achieve



Reflect on what you appreciate

Remember this is temporary. You are doing your bit to help end this crisis by staying in. Things will return to normal at some point!

Crack the Code

Each letter has an assigned number. Use the code to finish the quote by basketball player, Michael Jordan.

a	b	c	d	e	f	g	h	i	j
22	13	7	25	14	1	8	23	9	24

k	l	m	n	o	p	q	r	s	t
12	3	18	21	2	16	15	19	4	26

u	v	w	x	y	z
10	11	6	17	5	20

I can accept failure...

_____ , _____
13 10 26 9 7 22 21 26

22	7	7	14	16	26	21	2	26
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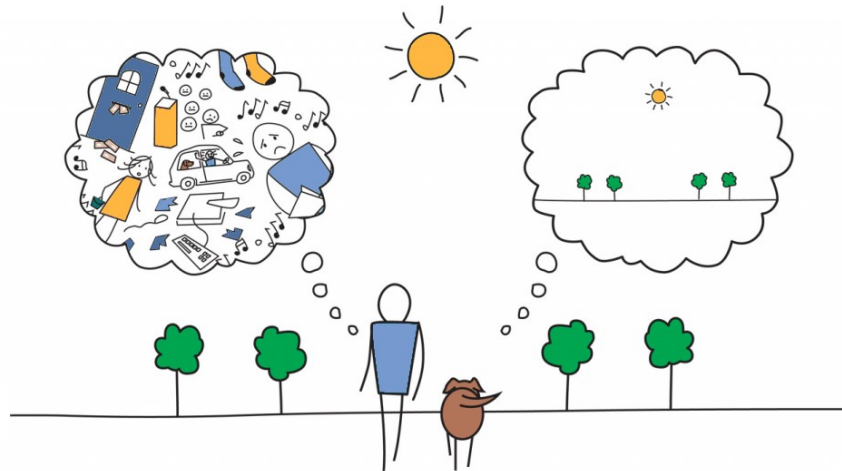
26	19	5	9	21	8
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26
Dublin
Simon
Community



Mindfulness and Automatic Pilot



Being mindful helps us to train our attention. Our minds wander about 50% of the time, but every time we practise being mindful, we are exercising our attention "muscle" and becoming mentally fitter. We can take more control over our focus of attention. We can choose what we focus on rather than passively allowing our attention to be dominated by stressful thoughts that take us away from the present moment.

Mindfulness might simply be described as choosing and learning to control our focus of attention, and being open, curious and flexible.

Automatic Pilot

We may not be really present, moment-by-moment, for much of our lives: we can often be miles away without knowing it.

On automatic pilot, we are more likely to have our 'buttons pressed'. Events around us and thoughts, feelings and sensations in the mind, (of which we may be only slightly aware), can trigger old habits of thinking that are often unhelpful and may lead to worsening our mood.

By becoming more aware of our thoughts, feelings, and body sensations, from moment to moment, we give ourselves the possibility of greater freedom and choice; we do not have to go into the same old 'mental ruts' that may have caused problems in the past.

We can't be "mindful" all the time. Dogs and young children are naturally much better at it than we are! It's ok for minds to wander, but it is helpful to be able to notice. For example, when the mind wanders onto things that aren't so helpful, choose to refocus, even for a short time.

Friday Showcase

This week we received wonderful mindfulness colouring, poetry, memes and entries to the Plank Challenge. Thanks to those of you got in touch. We love seeing your photos, creative writing, artwork and suggestions, so please keep them coming to cd@dubsimon.ie!

Isolation a trying time

No seen yours no seen mine,

Families are split like never before,

The heart just breaks just more and more,

Days turn into weeks and then probably months,

The elderly always take the brunt,

But these brave souls have lived through wars,

Never complain about bein' bored

The sun does shine yet we can't enjoy,

Mass is empty no kneeling to the floor,

The pubs are empty for a social drink,

Many do think this life is on the brink,

Yet like our ancestors who seen it all,

Together we listen and we will stand up tall,

In years to come our kids will say,

Do you remember that awful day,

No country is safe we are all the same,

Loads of people dying from this pain,

But we will stand tall and fight like we do,

These days we'll see it through.

By Craig

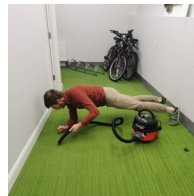
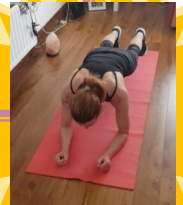
Plank Challenge!



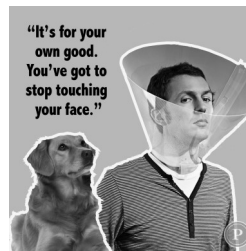
Winner: Gary, 5.40

Second: Matthew, 1.38

Third: Tara, 1.37



Ed likes to get the
hoovering done whilst
also practicing plank.



Meme of the week
sent in by Matthew!



Thank you Ed
for keeping our
spirits up with
this mindfulness
colouring!