

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.

Contents:

Sudoku.....	Page 1
Wise Mind: States of Mind.....	Page 2
Mindfulness Colouring.....	Page 3

Don't Miss Out!

Join us for a Chair Yoga Class on zoom today at 4pm! All you need is a chair and a phone or laptop with an internet connection. Contact cd@dubsimon.ie for the meeting ID or ask a member of staff in your service.

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.



Sudoku

Sudoku 9x9 Puzzle

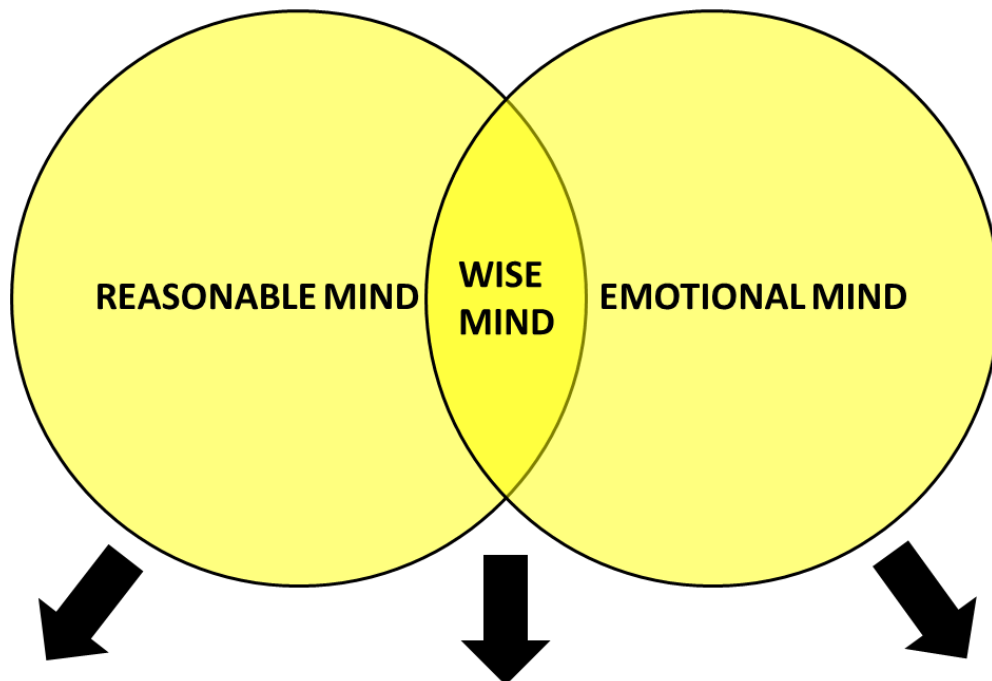
Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

			3		4			7
	8	7	6		2	4		9
	3	4		9	7	5		6
4	2	6			5	9		8
	7	1		4	6	3	5	
5	9		2					1
	1			8		7	6	
7		5	4	2			9	3
9				6				5

Wise Mind: States of Mind

We all have two sides of our mind, one that is focused on logic and reasoning, and one that is focused on our feelings and moods. When we make decisions, we should consider both – this is the middle path, the path that considers both the facts of a situation, but also our values and feelings. We call this the “Wise Mind”.



Reasonable Mind is:
Cool
Rational
Task-Focussed

When in Reasonable Mind, you are ruled by facts, reason, logic and pragmatics. Values & Feelings are not important

Wise Mind is:
The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain & right brain Together

The middle path

Emotional Mind is:
Hot
Mood-Dependent
Emotion-Focussed

When in Emotional Mind, you are ruled by your moods, feelings and urges to do or say things. Facts, reason and logic are not important



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

