

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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Body Weight Fitness Class Today at 4.30pm!

JT from Health and Wellbeing will host a body weight fitness class via Zoom today at 4.30pm.

The class will last 30 minutes and all you will need is a little bit of space, water, a phone with an internet connection and some enthusiasm!

If you wish to try the class please contact JT before 3.30pm today.

jttreanor@dubsimon.ie

0868134320

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.



Nutrition Word Search

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

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

protein carbohydrates energy fats fibre
 vitamins macronutrients calories minerals
 portion micronutrients vegetables water fruits

Stay safe, protect each other #HoldFirm

The rainbow has become a symbol of hope and support during the COVID-19 pandemic across the world. We want to paint Dublin Simon Community with rainbows over the next few weeks to lift our spirits and show our support for everyone who is protecting the health service and the people in our care.



The HSE have launched a new campaign called #HoldFirm, inspired by a poem written by Michael D Higgins, 'Take Care'. The campaign aims to acknowledge and encourage the enormous effort being made by everyone in Ireland to stay safe and protect each other.

We would like to ask clients, volunteers and staff to get creative and take part in the campaign by creating rainbows to share with the community. Use markers, pencils, paints, whatever you can find - there are no rules! Please share your rainbow paintings with us at cd@dubsimon.ie!

Together, we will hold firm for the people we love, things we miss, and the future we hope for.



Anxiety

Imagine yourself coping in a situation that you feel anxious about. See the situation through to a successful completion.

Visualise blue for calm. Breathe in blue and breathe out red.

Situation:

Not being able to go out and visit family or friends.

Thoughts:

Something bad is going to happen, I won't be able to cope.

Body Reaction:

Adrenaline response; body's alarm system becomes energised for fight or flight. Blood is diverted to the big muscles to help us escape or fight the threat and blood is therefore taken away from other body systems.

You Might Notice In Your Body	Thinking Differently	Doing Differently
⇒ Heartrate increases.	⇒ Is this threat a real one or is it really bound to happen?	⇒ Take a breath.
⇒ Breathing speeds up, breathless, choking feeling.	⇒ Am I exaggerating the threat? Am I misreading things?	⇒ How will doing this affect me in the long term?
⇒ Muscles tense, aching, shaking.	⇒ I feel bad, but that doesn't mean things really are so bad.	⇒ Don't avoid situations; go anyway.
⇒ Hot, sweating.	⇒ What would someone else say about this?	⇒ Problem-solve or make plans if necessary.
⇒ Lightheaded, blurred vision.	⇒ What would I say to a friend in this situation?	⇒ Take things slowly or gradually.
⇒ Butterflies in stomach, urge to go to the toilet.	⇒ What would be a more helpful way of looking at things?	⇒ Focus attention outside of yourself; external rather than internal focus.
⇒ Feeling more alert; scanning for danger.	⇒ Where is my focus of attention?	⇒ What's the best thing to do?
	⇒ I can cope with these feelings; I've got through it before. This will pass.	⇒ What would help most?



For more information please contact Sure Steps
Counselling on 01 6354882 or
surestepscounselling@dubsimon.ie