

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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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 6x6 Puzzles

Each row and column contains all the digits 1 to 6.

5	6			2	
	1	3	5	4	6
1				3	4
3	4	2	6		1
4		1	3	6	5
	3				2

3			6	2	4
4		6	5		3
2	6	4		5	1
	5	3			2
5		1	2	3	
	3			4	

Stress Management Tips



1) Keep in mind that stress isn't a bad thing

Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to manage stress, not to eliminate it.

2) Talk about your problems, even if they won't be solved

Talking about your stressors, even if you don't solve them, releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.

3) Prioritise your responsibilities

Focus on completing quick tasks first. Having too many "to-dos" can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.

4) Focus on the basics

Stress can start a harmful cycle where basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

5) Don't put all your eggs in one basket

People who are overinvolved in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your career, family, friendships, and personal hobbies.

6) Set aside time for yourself

Personal time usually gets moved to the bottom of the list when things get hectic. However, when personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun every day, without interruptions.

7) Keep things in perspective

In the heat of the moment, little problems can feel bigger than they are. Take a step back, and think about how important your stressors are in a broader context. Will they matter in a week? In a year? Writing about your stressors will help you develop a healthier perspective.



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

