

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:

Word Search.....	Page 1
Mindful Activity.....	Page 2
Mindfulness Colouring.....	Page 3

Daily Affirmation;

I accept myself as a unique and worthwhile person.



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.

Bands Word Search

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

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

eagles

nirvana

beatles

oasis

pixies

journey

coldplay

aerosmith

gorillaz

queen

metallica

ramones

radiohead

stereophonics



Mindful Activity

Mindfully engaging in activities helps us remain grounded at stressful times. When we focus on doing something right in that particular moment, our brain doesn't get a chance to wander off ruminating. Here are a few examples for mindfully engaging in an activity:

Doing the dishes:

Very often, when we do day-to-day things, we tend to be "in our head" as we are doing them. We think about what we still have to do, what we did earlier in the day, we worry about future events, or we have regretful thoughts about the past.

What about if we instead focus on the task right at hand? Try focussing on the hissing sound the soap bubbles make in the sink. Try noticing the temperature of the water and how it feels on your skin. Notice the texture of the bubbles on your skin. Can you hear the bubbles as they softly pop continually? Listen to the sounds of the water as you put dishes into the sink and take them out. Hear the squeaky sound the sponge makes on clean dishes. Feel the texture of the sponge on your skin. In short - notice what you normally wouldn't notice and you'll see how focusing on these things stops you from worrying!

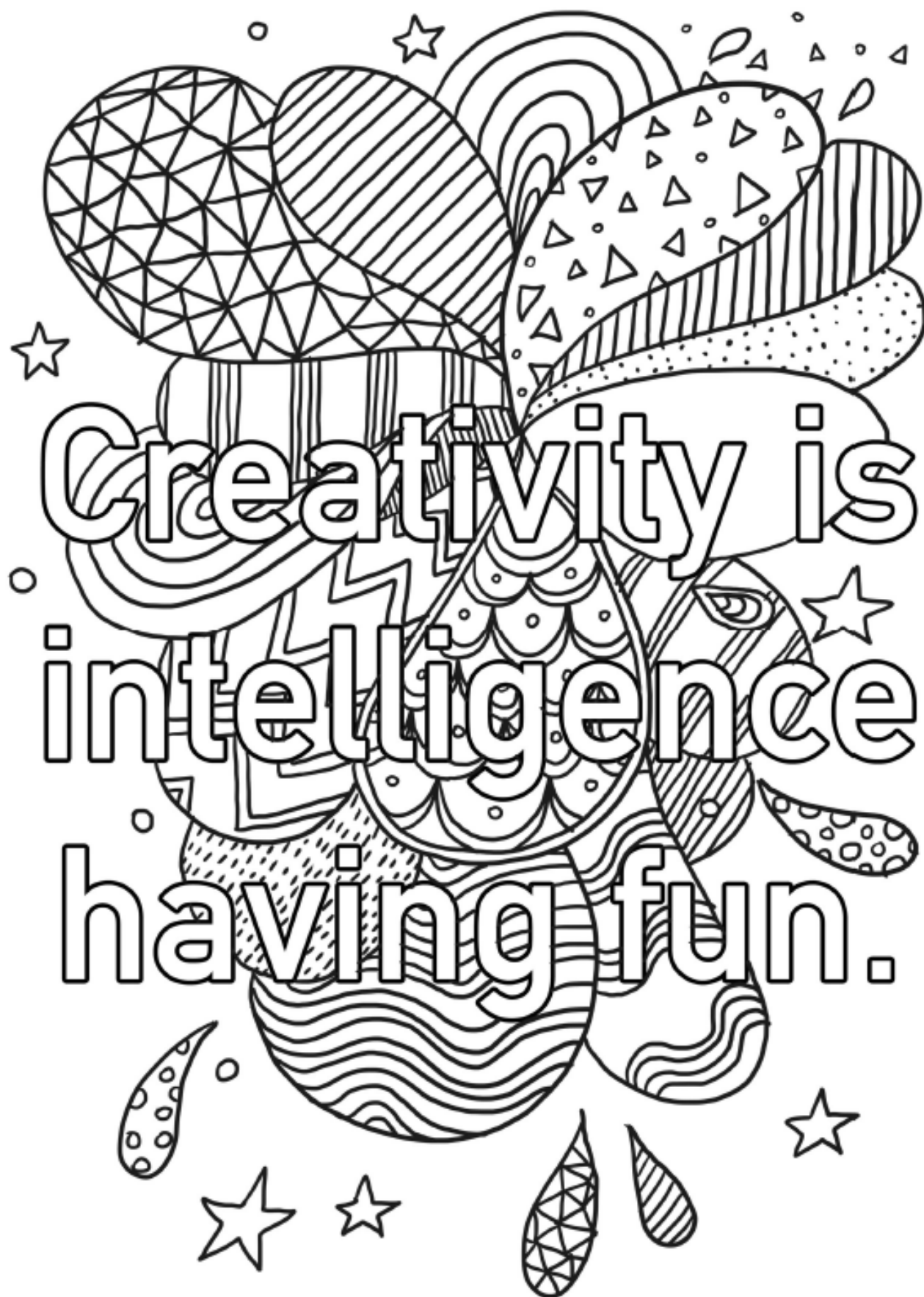
Going for a walk:

Similarly, going for a mindful walk brings new pleasures. Walking is something most of us do at some time during the day. We can practice, even if only for a couple of minutes at a time, mindful walking. Rather than be "in our heads", we can look around and notice what we see, hear, sense. Do you notice we seem to be able to hear more birds tweet or seagulls cry? Can you hear the laughter of children, the sound of bicycle tyres on the tarmac? Do you see the sun glistening in the trees? Notice how your breathing changes going up a hill.

Don't forget - it's normal for thoughts to continuously intrude, but we can just notice them, and then bring our attention back to our walking. The more we practice, the more we will initially notice those thoughts intruding, and that's ok. The only aim of mindful activity is to continually bring our attention back to the activity, noticing those sensations, from outside and within us.



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



Creativity is
intelligence
having fun.