

# 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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## Daily Affirmation;

**Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer.**

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](mailto:cd@dubsimon.ie).



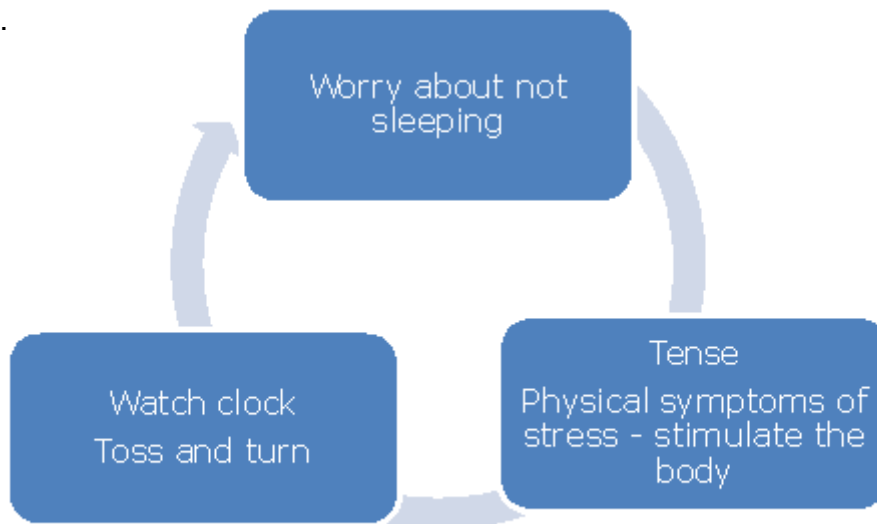


## Sleeping Much?

There are many reasons for not sleeping well which may include distress, physical discomfort or physical illness. People's needs vary, but most people feel they need 7-8 hours, whilst others feel they need more. Adults, and particularly older adults may feel they only need 4-6 hours a night.

Previously, we were much more in tune with nature, going to bed when natural light faded and the day's temperature reduced. This prompted our body to produce melatonin, which makes us sleepy. Artificial light (including from our digital screens) and heating delays the production of melatonin.

Our mental health also has a big impact on our sleep pattern. We might have difficulty getting off to sleep, wake up frequently during the night, or wake early in the morning and not be able to get back to sleep. These all result in our feeling that we haven't slept enough - we feel tired, tense and are likely to worry about not sleeping. This worry can then make it even harder for us to sleep well.



If you have trouble sleeping, there are some things you can do to help yourself get a good restful night. If you are a night owl and fall asleep in the early hours of the morning then wake up later in the morning, you can take these steps for 3 weeks to reset your body clock:

- \* Wake up 2-3 hours earlier than usual and get plenty of outdoor light in the morning
- \* Eat breakfast as soon as possible
- \* Have lunch at the same time every day, and eat nothing after 7pm
- \* Ban caffeine after 3pm
- \* No naps after 4pm
- \* Go to bed 2-3 hours earlier than usual and limit light in the evening
- \* Maintain the same sleep and wake times every day



For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)

# Sudoku

## Sudoku 9x9 Puzzle

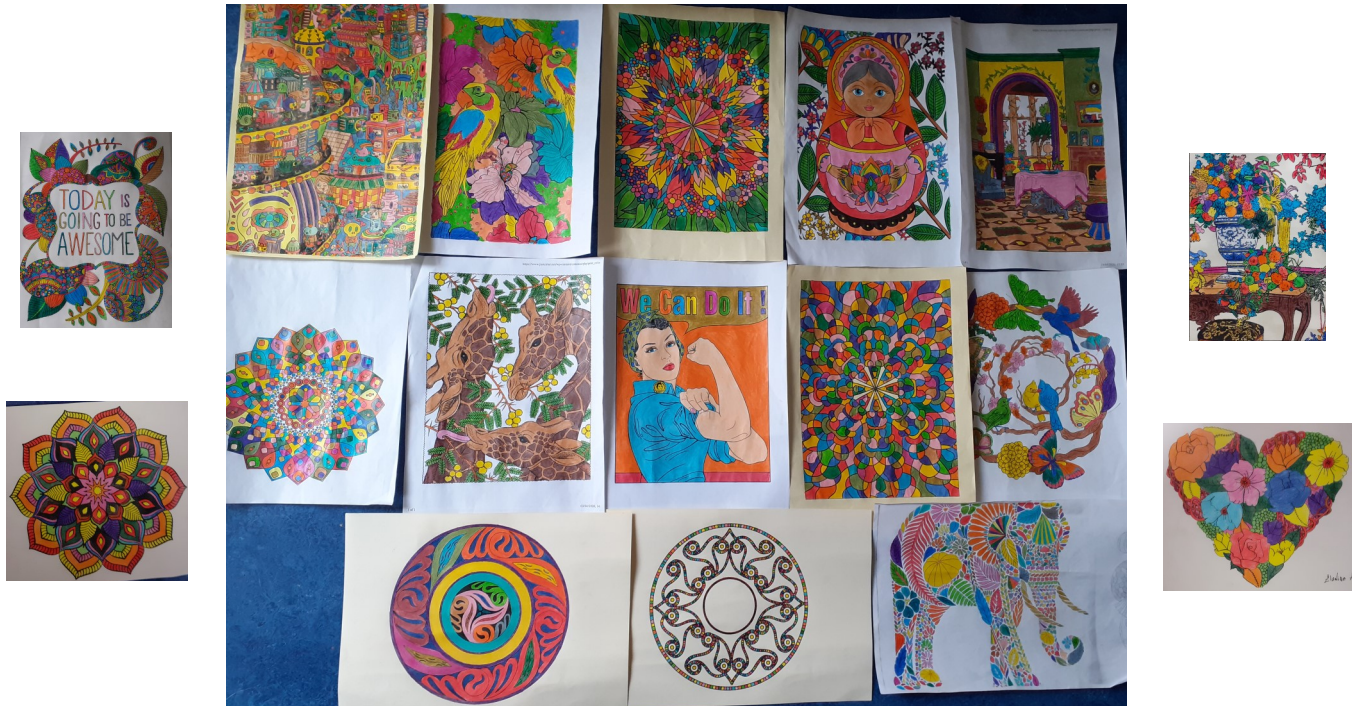
Each row and column contains all the digits 1 to 9.

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

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

# Artist Spotlight

During the pandemic, Ed has kept busy in many different ways. He has lots of brilliant suggestions below for activities that can help pass the time. It is clear that mindfulness colouring is a particular favourite of Ed's. He has begun creating his own mindfulness colouring exhibition over the last few months and we are in awe of his colourful creations!



“For those who know me, I've kept busy throughout our 'lockdown', reading, doing Sudoku, crosswords, watching TV, listening to the radio, writing, trying to grow flowers, painting stones and colouring. Its all about finding time for yourself, distraction and trying to forget any worries and focus on one thing. The mindfulness colouring is one activity that I get absorbed into. Many people who've seen my work are highly complimentary and taken back. I'd encourage others to give it a try. They'd tell me they can't draw. I can't draw and have no interest in drawing or painting. I'm happy with my match stick people. I tell people the picture is already there all you have to do is colour it in and the best thing is there are no rules to mindfulness colouring. The grass doesn't have to be green, the sky doesn't have to be blue. Whatever you decide is fine. I've often coloured purple dogs running in the blue grass under the hot green sun. That's the joy of it. Its your creation, your choice and no rules ( except try not go outside the lines). Give it a go before you dismiss it. Pick up the markers and go for it. Take your time, focus on small sections first. Try maybe a half hour at first and soon you'll be wondering like I do; “Is it that time already?”. And also the nice thing about this is that when I get my own place, these pictures will not only help decorate it but will also be a great reminder of how I got through tough times.”

*Ed*



**If you are working on a project you would like to share, we would love to hear from you! Please contact us by email at [cd@dubsimon.ie](mailto:cd@dubsimon.ie).**