

# 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 Health and Wellbeing for a Yoga Class on zoom today at 4pm!

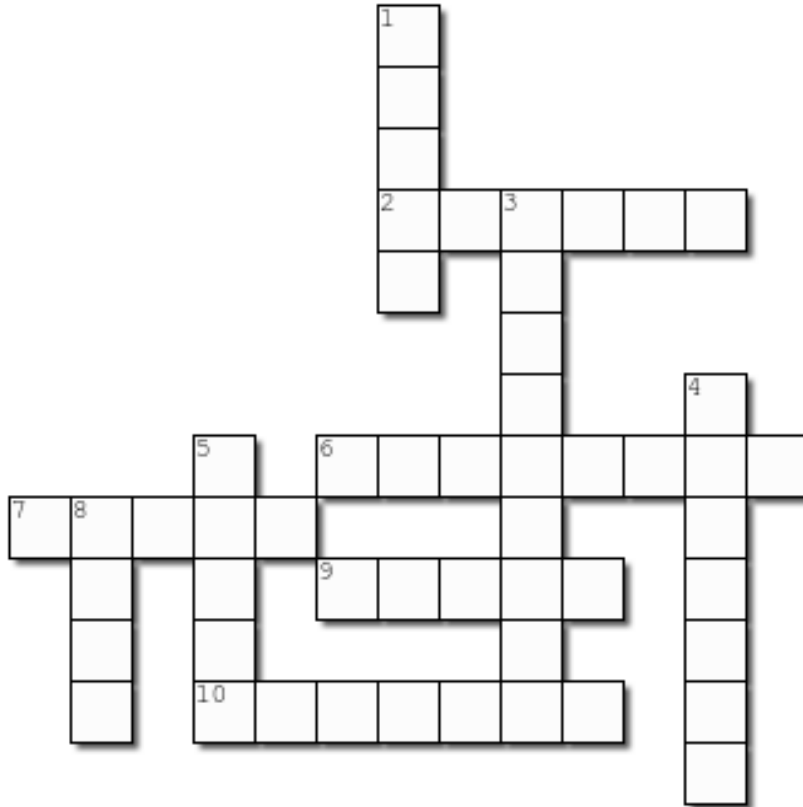
The class will be based on the mat and will cover whole body movement and finish with some nice relaxation work. Suitable for all levels of experience. All you need is a phone or laptop with an internet connection. Contact [cd@dubsimon.ie](mailto:cd@dubsimon.ie) for the meeting ID or ask a member of 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](mailto:cd@dubsimon.ie).



# Crossword

Read the clues and questions below. Fill the answers into the grid.  
Good luck!



## Across

2. What mythical creature is on the Welsh flag?
6. What amount would you find in a 'baker's dozen'?
7. In the traditional rhyme, how many mice are blind?
9. Pizza originated from what country?
10. What English Premier League football team are known as 'The Gunners'?

## Down

1. What is the name of the cowboy in Toy Story?
3. In what country is the Great Barrier Reef located?
4. What planet is closest to the sun?
5. What animal has black and white stripes?
8. What instrument is the emblem of Ireland?

# More tips to get a good nights sleep!

## 1) Reset your Body Clock

If you're a night owl and you fall asleep in the early hours of the morning then wake up later in the day, 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***

## 2) Change your Environment

Are there any helpful changes you can make?

- ⇒ Bedroom too bright
- ⇒ Bedroom too hot or too cold - our bedroom needs to be cool
- ⇒ Bedroom too noisy
- ⇒ Bed too uncomfortable
- ⇒ Partner keeping you awake (snoring, restless etc.)
- ⇒ TV, computer, tablet or mobile in your bedroom



## 3) Change your Behaviour

- ⇒ Use your choice of relaxation techniques before going to bed (whatever works for you)
- ⇒ Do not go without sleep for a long time if you can help it. Keep to a regular pattern of going to bed and getting up at the same time every day, whether you are tired or not
- ⇒ Get some exercise during the day. Try some regular walking while social distancing. Avoid exercise late in the evening
- ⇒ Reduce caffeine (tea, coffee, some soft drinks) in the evening. Try a milky drink instead
- ⇒ Don't drink a lot of alcohol. It may help you fall asleep, but you are more likely to wake up during the night
- ⇒ Don't eat or drink a lot late at night. Try to have your evening meal early rather than late

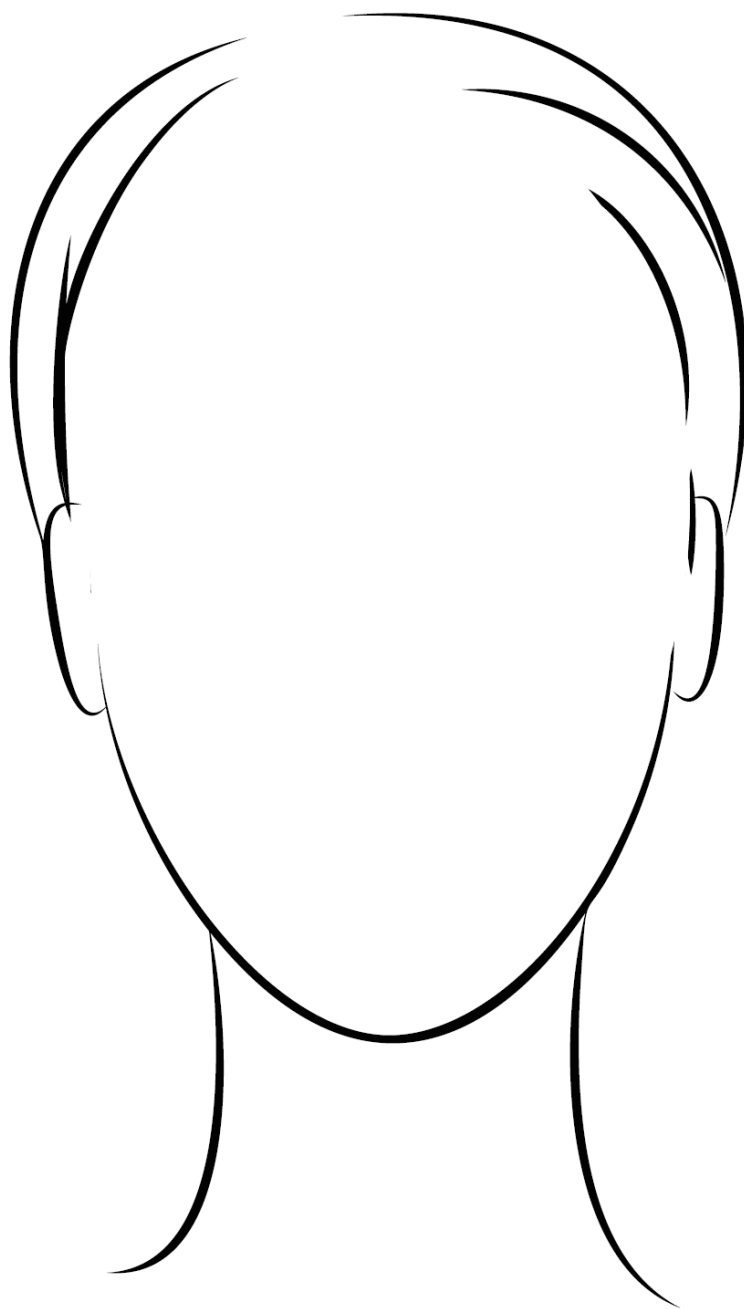


For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)

# What's Your Mood?

Artists often paint how they feel. They use bright colours when they feel happy or excited. Some use thick, heavy lines for when they're sad or angry.

Have a go at creating your own mood portrait below. Use different lines, colours, and shapes and decorate the head to express how you feel.



name

date