

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;

**I am proud of myself.
I am becoming more confident every
day.**



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.

Crack the Code

Each letter has an assigned symbol. Use the code to find out the positive affirmation written below.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| a | b | c | d | e | f | g | h | i | j |
| ❖ | ● | □ | ▶ | ◆ | ℔ | ☉ | ♌ | ■ | ↗ |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| k | l | m | n | o | p | q | r | s | t |
| ♦ | ▷ | ♌ | ♍ | ↖ | ≡ | ↓ | ⌘ | ☒ | ↘ |

| | | | | | |
|---|---|---|---|---|---|
| u | v | w | x | y | z |
| ↩ | ◯ | △ | ☒ | ♏ | ↕ |

 ☉ ♏ ☒ ↘ ⌘ ◆ ♍ ☉ ↘ ♌

 ■ ☒ ☉ ⌘ ◆ ❖ ↘ ◆ ⌘

 ↘ ♌ ❖ ♍ _____

 ❖ ♍ ♏

 ☒ ↘ ⌘ ↩ ☉ ☉ ▷ ◆

Sleep Hygiene: Extra Tips!



Change your Behaviour

- ⇒ Cooling ourselves, for example, taking a cold shower just before bed helps promote melatonin.
- ⇒ If you have had a bad nights sleep, resist the temptation to sleep the next day which will make it harder to get off to sleep the following night.
- ⇒ If something is troubling you and there is nothing you can do about it right away, try writing it down before going to bed and then tell yourself to deal with it tomorrow.
- ⇒ If you can't sleep, don't lie there worrying about it. Get up and do something you find relaxing like reading or listening to quiet music. After a while you should feel tired enough to go to bed again.
- ⇒ Keep a sleep diary for a week. Then you can look back and notice what helps you sleep better and what doesn't, so you can make positive changes and do more of what helps, and less of what doesn't. If nothing seems to help, try something different.
- ⇒ Speak to your doctor about your medication and how that might be affecting your sleep.
- ⇒ Avoid clock watching when in bed and put your attention somewhere restful.
- ⇒ Use imagery. *We will be sharing some info on imagery very soon!*
- ⇒ Mindful breathing.
- ⇒ Relaxation techniques like body scan.

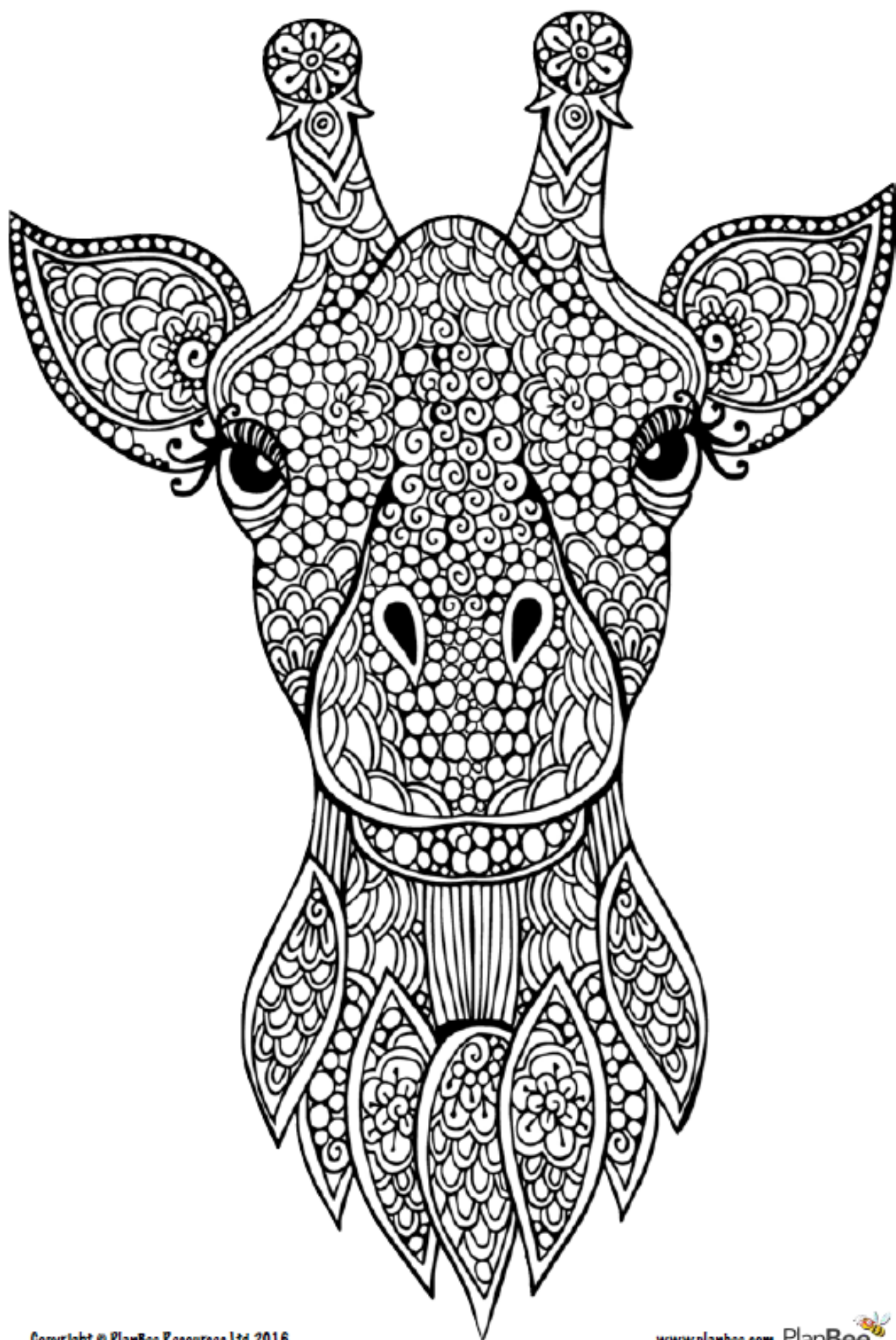


Change your Thinking

- ⇒ Worrying about not sleeping will keep you awake! Rather than put your focus of attention on the worrying thoughts, notice that they are just thoughts, then put your attention somewhere restful, use imagery, mindful breathing, or your relaxation techniques.
- ⇒ Tell yourself that worrying about it will not help, and that you probably are getting enough sleep, just less than you **think** you need. Our needs change as we get older.
- ⇒ If you're worrying about a particular problem, write it down, and tell yourself you can sort it in the morning.
- ⇒ Distract yourself by thinking about a random sequence of objects for a few seconds each. For example; a table, a tree, a saucepan, a flower, a cow, a cloud and so on. Or you could think about a few items beginning with the letter 'B', then move on through the alphabet.



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



Instrument Word Search

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

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

accordion

clarinet

flute

harp

banjo

ukulele

drums

guitar

piano

cello

violin

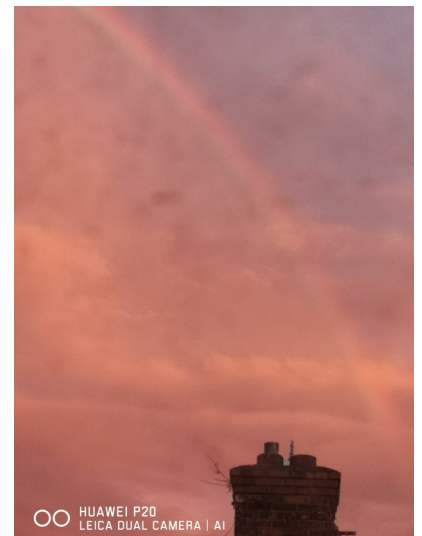
fiddle

harmonica

recorder

Friday Showcase!

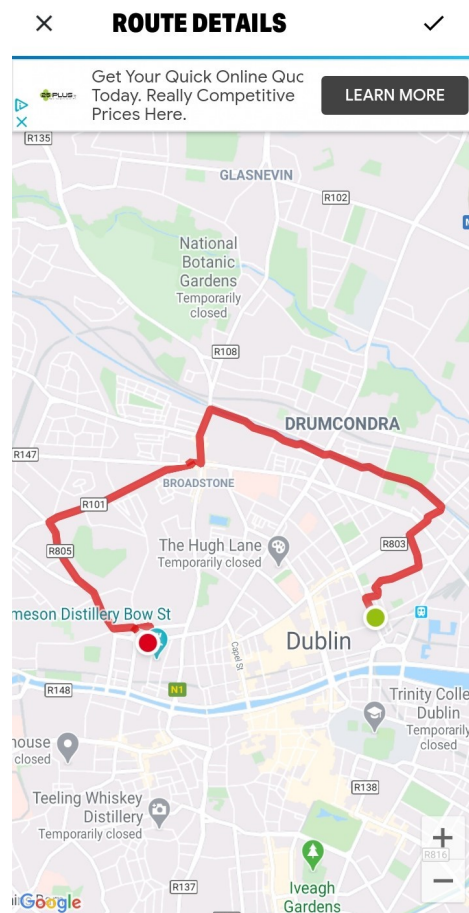
Thanks to everyone who got in touch with us this week! This weeks showcase includes some amazing photography, mindfulness colouring and some photos from the virtual Marathon in May challenge. If you are working on anything you would like to share please do get in touch by emailing us at cd@dubsimon.ie.



William has been taking some stunning photographs of rainbows he has spotted!



Ed sent in this delicious looking virtual treat for the Dublin Simon Frontliners!



The virtual Marathon in May challenge is well underway! Well done to all those taking part, we'll be including a full page feature with all your efforts next week!