

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!

Health and Wellbeing Bodyweight Fitness Class on zoom today at 4.30pm!

The 30 minute class involves easy to learn bodyweight movements to help you loosen up and get a sweat on, suitable for all levels.

All you need to take part is 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.






Self-Care Bingo

See if you can cross off all of the items below. When you have crossed them all out, 'Bingo!' you've won!

TOOK A SHOWER	GOT DRESSED	CALLED A FRIEND	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE GOOD FOOD	LISTENED TO MY BODY	HAD FUN	ASKED FOR HELP
TOOK A MUCH NEEDED BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	MADE MY BED	DROPPED A HABIT THAT IS NOT FOR ME
TOOK A MENTAL HEALTH DAY	SPENT TIME OUTDOORS	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	PRACTICED SELF - COMPASSION



Are You Charging Your Battery?



When we feel ok, we do various activities every day, and our energy levels are pretty much ok. We do the stuff we **HAVE** to do, and we also have the energy to do other things that we enjoy doing.

When our mood drops we feel tired and energy levels and motivation drops. So we do even less.



When we do less, we feel even worse. More tired, less energy, less motivation. Lower mood.



Some activities drain our battery, yet we **have to** or **need to** keep doing them, so they **DROP** our battery level even more. Things like some chores, or family and work responsibilities and demands.



After a while, our battery feels empty!



So we need to re-charge our battery by doing LIFT activities which energise us and LIFT our mood. Plan what you can start doing and start with small steps.

- * Exercise - especially outside. Start with a 5 or 10 minute gentle walk, preferably in nature.
- * Do things which give you a sense of achievement - don't aim too high or try to do too much.
- * Do activities you enjoy doing - or things you **USED** to enjoy in the past.
- * Connect or re-connect with friends or family.



When we start doing these LIFT activities, our battery recharges. We notice that we start to feel better because our mood and energy levels LIFT.

Make sure you KEEP recharging your battery by doing LIFT activities every day.



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

