

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 Tuesday and Friday. Remember to pick up your copy! We hope you find it helpful.

Contents:

Crossword.....	Page 1
Stretch for Simon.....	Page 2
Maze.....	Page 3
How Worry Works.....	Page 4

Daily Affirmation;

I am resilient.

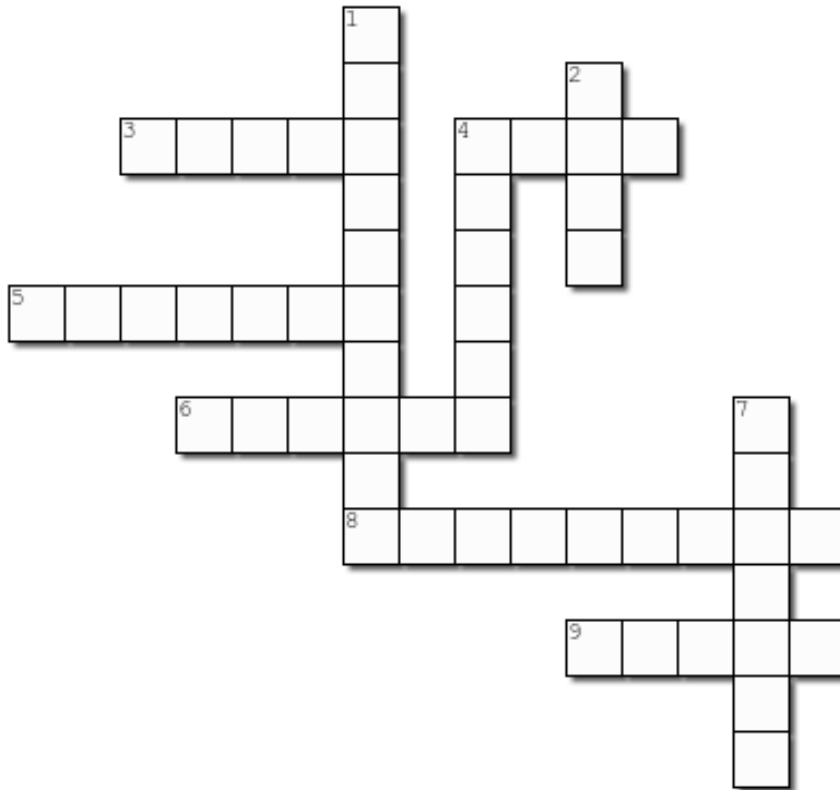
**I will work hard to stand in courage,
self-confidence and commitment.**



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.

Crossword

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



Down

1. Name the Disney character that lost her glass slipper.
2. Name the 'pit' at the centre of the earth.
4. Second name of person who wrote the song 'Imagine'.
7. Second name of actor that plays Rose in Titanic.

Across

3. How many continents in the world?
4. What animal is known as the 'King of the Jungle'?
5. Name the largest planet in the Solar System.
6. Capital of Germany.
8. Second name of first person to walk on moon.
9. Name animal in Australia that eats eucalyptus leaves?



Stretch for Simon!

Get involved in this year's Longest Day campaign by Stretching for Simon!

This year the Summer Solstice, or longest day of the year, takes place on June 20th. For some of us, the longest day of the year means more time with family and friends but as we all know, for those experiencing homelessness this is just one more long day.

With that in mind our fundraising team have designed this campaign to help promote health and wellbeing, while raising some vital funds to keep our essential services keep going. **Online classes are free to anyone who is accessing services but you need to put your name down beforehand. Please let us know as soon as possible if you would like to attend any of the online classes.**



Here are some ways you can **#StretchForSimon** on this Longest Day;



- ⇒ Join one of the virtual yoga or wellbeing classes taking place over the course of the weekend on the 19th, 20th and 21st of June. We have something to suit everyone! A full list and timetable can be found here; <https://www.dubsimon.ie/longestday2020/>
- ⇒ You could also challenge yourself to complete the Sun Salutation challenge. This is a simple exercise that you can challenge yourself to do every day in the run up to the Longest Day. More information (including a video explanation of the exercise) can be found here; <https://www.dubsimon.ie/longestday2020/>
- ⇒ If that doesn't suit then stretch your own imagination and come up with something that works for you. All ideas are welcome!

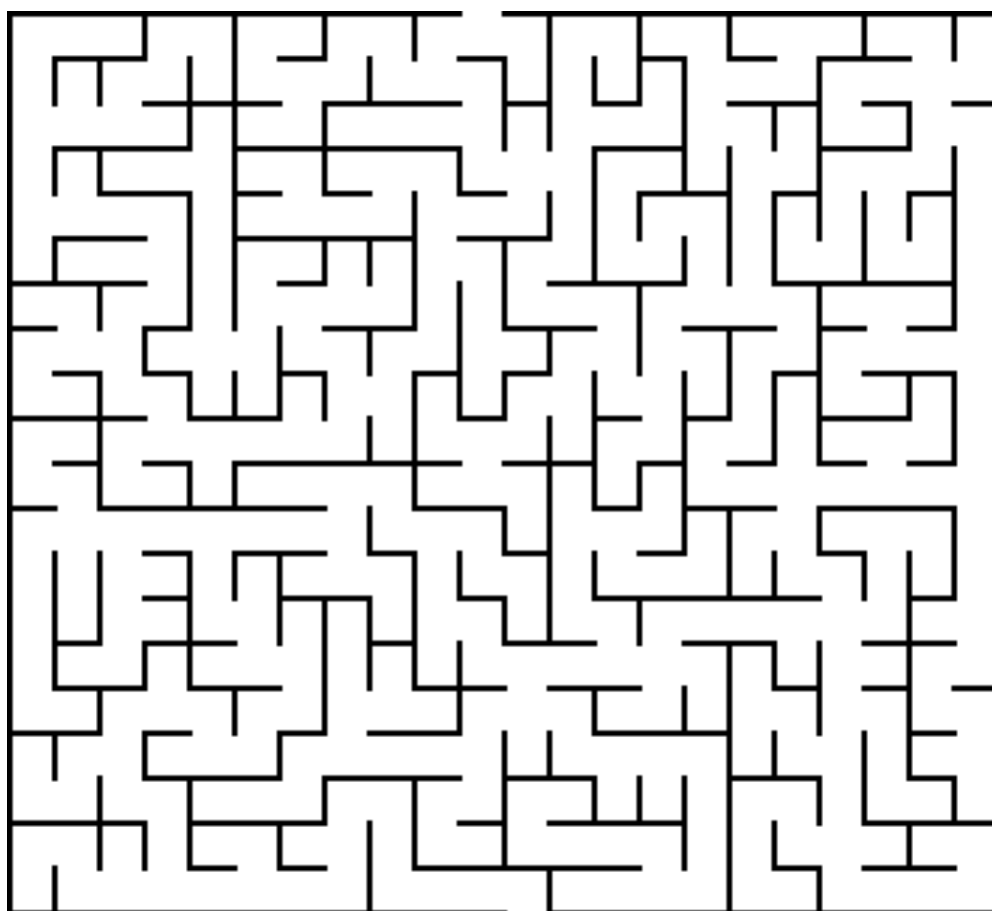
We would love to hear how you get on! Take a selfie while practicing yoga and send it to cd@dubsimon.ie and we will include it in our next Activity Pack!



Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the bottom of the maze.

Start



Finish

How Worry Works

Worry is generally a form of problem solving about potentially negative future events. Normal worry generally doesn't last long and leads to positive problem-solving behaviour.

Worry becomes unhelpful when it is about a number of things, is very frequent and is difficult to control or dismiss. Prolonged or frequent worry generates more anxiety and more worry, which may actually prevent positive thinking and action.



What Triggers Worry?

Some triggers may be more obvious and linked to external things, for example:

- ⇒ Seeing a certain image (in the newspaper or on TV)
- ⇒ Hearing certain information (on the radio or in a conversation)
- ⇒ Being put in a certain situation (having to make decisions, perform a task, lead others, or face uncertainty)



Some triggers may be less obvious. These may be thoughts or images that seem to just pop into your head out of the blue. An initial “What if...?” question that comes to mind for no apparent reason, can even be a trigger for worrying. For example, the thought; “What if I left the iron on?” might pop into my head. If I think “I probably didn’t” and decide not to worry about it, chances are I will forget about it and the thought will slip my mind. However, if instead I start to ‘chase’ the thought further (for example; “The ironing board might catch fire and that will spread to the whole house. The house might burn down and then I will lose everything!”), then the original “What if...?” question has now triggered a worry episode.



What Maintains Worry?

People who describe themselves as chronic worriers are often disturbed that they seem to spend much of their waking hours worrying excessively about a number of different life circumstances. They do not understand why this activity continues. They often ask, “Why do I do it?” and “What keeps my worrying going?” There are two types of thoughts or beliefs about worry which work to maintain the worry, in a vicious cycle. These are **negative beliefs about worrying** and **positive beliefs about worrying**. Unhelpful strategies such as avoidance and thought control also maintain worry. **We will talk about them in our next Client Development Activity Pack.**



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