

# 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:

Crack the Code.....	Page 1
Beliefs about Worry.....	Page 2
Mindfulness Colouring.....	Page 3
Friday Showcase!.....	Page 4

## Quote Of The Day;

**You can't go back and change the beginning,  
but you can start where you are and change the  
ending.**

**C.S Lewis**



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).

# Negative and Positive Beliefs about Worry



## Negative Beliefs About Worrying

In addition to the specific things people worry about, people with generalised anxiety disorder may also worry about the fact that they are worrying.

In this case, such worriers are often concerned that worrying is “bad” and may believe that:

- ⇒ Worrying is uncontrollable, and will take over and result in a loss of control (for example; “I won’t be able to control my worrying, and it will never stop”)
- ⇒ Worrying is dangerous, and will cause either physical or mental harm (for example; “If I keep worrying like this I will go crazy / have a breakdown / become ill”)

Holding these (false) negative beliefs about worrying makes the process of worrying very distressing for you, and this will keep your worrying going.

## Positive Beliefs About Worrying

Worriers often hold (false) positive beliefs that worrying is beneficial and “good,” which can keep worriers worrying. Some positive beliefs may be:

- ⇒ Worrying motivates me to do things
- ⇒ Worrying helps me find solutions to problems
- ⇒ Worrying prepares me for the worst
- ⇒ Worrying helps me avoid bad things
- ⇒ Worrying prevents bad things



## Avoidance and Thought Control

Avoidance may take the form of avoiding a feared outcome (for example, passing up a promotion to avoid the feared outcome of not doing a good job) or avoiding worrying itself (for example, not watching the news in case a worry is triggered, or asking for reassurance from loved ones that nothing bad will happen to you). Avoidance limits a person’s opportunity to have experiences that disconfirm their worries and their beliefs about worrying. In a sense, not confronting your worries keeps the worrying going.

People who worry often attempt unsuccessfully to control their worrisome thoughts in a number of ways. These may include trying to suppress their worries, trying to reason with their worrisome thoughts, distracting themselves or thinking positively. These attempts at thought control rarely work, as trying to suppress a thought usually has the opposite effect of making that thought occur more, which in turn fuels the belief that worries are uncontrollable.

# Crack the Code

Each letter has an assigned symbol. Use the code to finish the positive affirmation.

a	b	c	d	e	f	g	h	i	j
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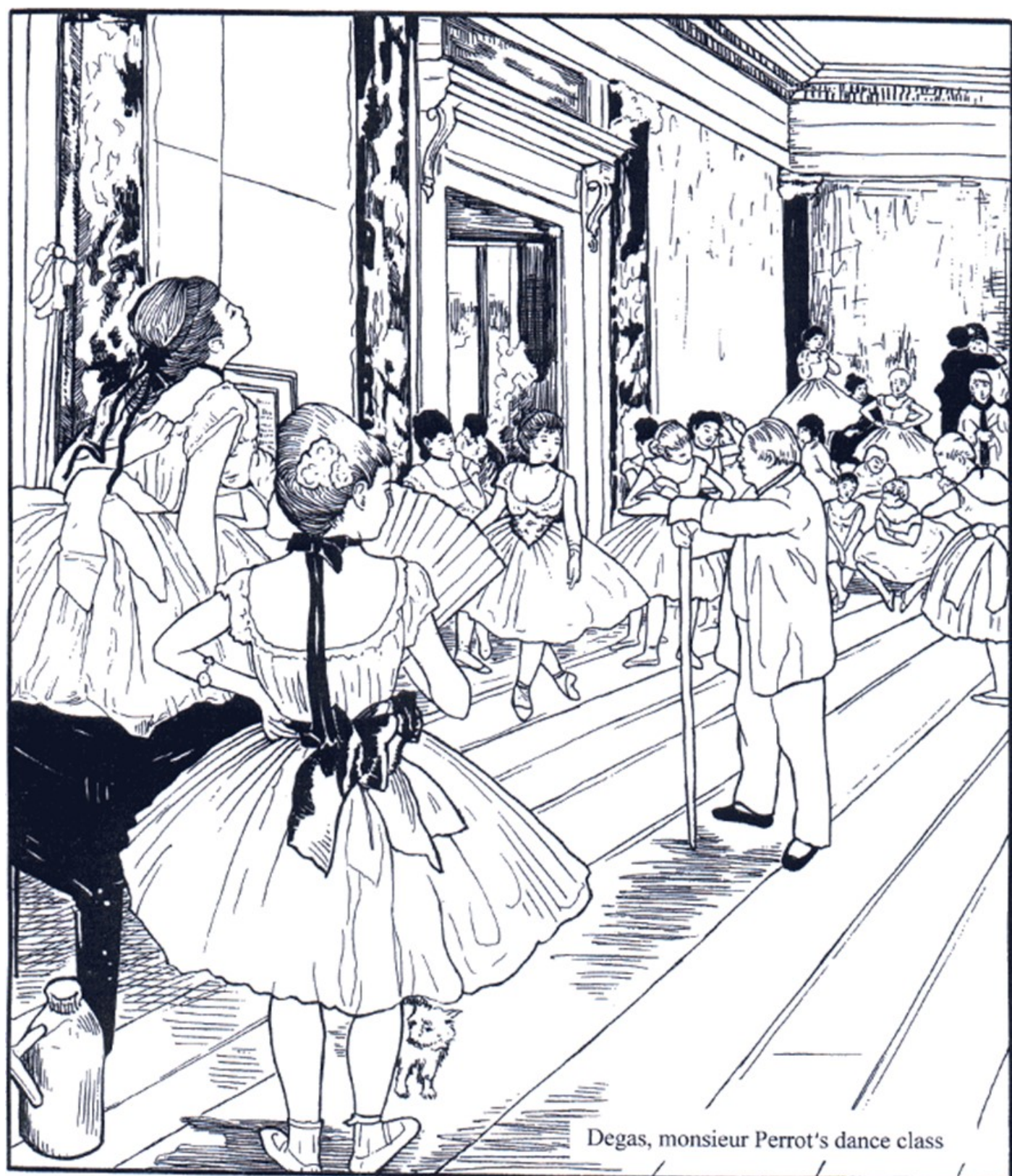
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Degas, monsieur Perrot's dance class

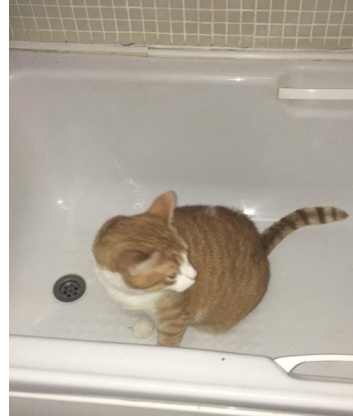




# Friday Showcase!

This week's showcase includes wonderful mindfulness colouring and some fantastic photographs of animals. Thanks to those who shared their photos with us. Please keep your photos, creative writing, artwork, jokes memes and suggestions coming to [cd@dubsimon.ie](mailto:cd@dubsimon.ie)!

Well done to the residents in Cheshire, Tullow, Co. Carlow, who sent us in their answers to the Emoji Challenge on Irish films. Well done and thanks for getting in touch!



Benny likes to get into the bathtub to cool down during hot days! Thanks for sending in this great photo Justin!

Ed has been doing some beautiful mindfulness colouring of famous paintings!



William went to the zoo and shared these wonderful pictures with us. Thanks so much William!

