

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.

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Daily Affirmation;

**Today, I am brimming with
energy and overflowing with joy.**

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.



Solar System Word Search

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

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

asteroids venus earth moons sun
mercury jupiter meteors neptune
mars saturn comets stars uranus

Staying Afloat during a Pandemic

Use the 6 R's to stay well: **Routine, Relationships, Relaxation, Review/Re-Think, Reward and Refocus.**

- 1. Routine:** Establish a routine, try to keep as many normal things going as possible, plan the day and keep regular things going such as meals, exercise, getting up and going to bed at normal times. Draw up a plan for each day!
- 2. Relationships:** While we can't see people in person, we can connect virtually. Ring friends you haven't spoken to in a while, reconnect and stay connected with important friends. Or in reverse – some relationships may not be good for us right now, so take some space and mind your boundaries to stay well and not get sucked into other people's anxieties.
- 3. Relaxation:** This one may seem silly when all we have is time to relax! But relaxation means a break from unhelpful stimulus and could mean taking a long shower or meditating, reading, playing a game, etc.
- 4. Review/Re-think:** Let's look and see how we have been spending our days and how many hours we have spent on the worry clock and full of negativity. Lets look at what has been working for us and not. What do we want now? What will serve us better?
- 5. Reward:** We have to have some fun and reward our good actions. Any new routine we want to implement needs to be rewarded, but only if we comply with what we have planned to do. A good kind of reward would be to accept ourselves the way we are, to be kind to ourselves and others, and to re-assure ourselves that we are enough and that we are doing as well as we can.
- 6. Refocus:** Refocus from all the negative information that this pandemic brings to the world back to ourselves. What positive lessons is this crisis bringing us? What memories will we use in ten years when we look back at these early months of 2020 when life as we knew it stopped, what lessons will we have learned?



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

Sudoku

Sudoku 6x6 Puzzles

Each row and column contains all the digits 1 to 6.

1		5	3	6	
	4			2	5
5		4	2		6
6	3				1
	6		4	5	
	5	3		1	2

	1				5
	2	4	3	1	
1		2	6		
3		5	4		1
	3			6	
	5	6	1		2

Gratitude

Gratitude is the feeling of being thankful. Practicing gratitude allows us to see the best in ourselves, gives feelings of happiness and appreciation and will have a positive impact on our wellbeing.

*gratitude
CHANGES
everything*

How to Practice Gratitude

- **Keep a gratitude journal.** Take a few minutes at the end of each day to think about what you are grateful for and write it down. This will help you to recognise the good in every day.
- **Spend time with friends and loved ones.** By spending time with people you care about you will increase your feelings of happiness and love. This will help you recognise positive aspects of your life.
- **Pause and reflect.** Make sure to have moments during the day where you take time to reflect on how you feel and make a mental note of a positive part of your day. Especially in challenging situations, find a positive in the situation and this will make managing the situation easier.
- **Create a gratitude board or box.** Make some room on a wall or get an empty box and fill it with the things you are grateful for, such as, photos, objects, books or newspaper cuttings. This will act as a visual reminder of all the things you have to be grateful for.

Gratitude Prompts

- ◇ Something that made you smile
- ◇ Something that made you laugh
- ◇ Something you are good at doing
- ◇ Someone who inspires you
- ◇ A favourite song you love

