

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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Quote of the day;

**“Nothing can dim the light that
shines from within.”**

~ Maya Angelo



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 finish the lyrics from the Beatles' song.

a	b	c	d	e	f	g	h	i	j
13	7	21	14	1	24	18	10	23	4

k	l	m	n	o	p	q	r	s	t
16	8	17	2	11	22	26	3	20	9

u	v	w	x	y	z
6	15	5	25	12	19

Hey Jude, refrain...

_____ , _____
 14 11 2 9 21 13 3 3 12 9 10 1

 5 11 3 8 14 6 22 11 2

 12 11 6 3 20 10 11 6 8 14 1 3 20

Deep Breathing Continued!

Last week we shared 2 different deep breathing techniques with you. This week we have 2 more breathing techniques for you to try out!

Whether it is daily stress, stress of an unexpected challenge, or stress from a prolonged issue that has not yet been resolved, everyone's body and mind is affected when under such pressures. Deep breathing exercises are a great way to manage your reaction to stress and help your body and mind stay healthy and grounded while you work through your stress. Try these deep breathing exercises to help yourself stay calm and grounded despite the stress you are feeling:

Chest Breaths

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus. Be sure to have your back straight and your spine in line.
2. Place one hand on your belly, covering your belly button, and one hand on your chest.
3. Inhale through the nose, only allowing your chest to rise. Inhale as much air as you can without your belly rising. Hold for 5 seconds.
4. Exhale through the mouth, feeling your chest fall as your ribs constrict around your lungs.
5. Repeat 2 times, switch hands, then perform 3 more times.



4-7-8 Breaths

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus.
2. Turn your focus onto your breathing. Feel your chest rise and fall with each breath.
3. When you are ready, take a 4-second count inhale through your nose. Hold for 7 seconds.
4. Exhale through the mouth on a 8-second count. Hold 3 seconds.
5. Repeat this cycle 5-7 times, or until feeling relaxed and grounded.



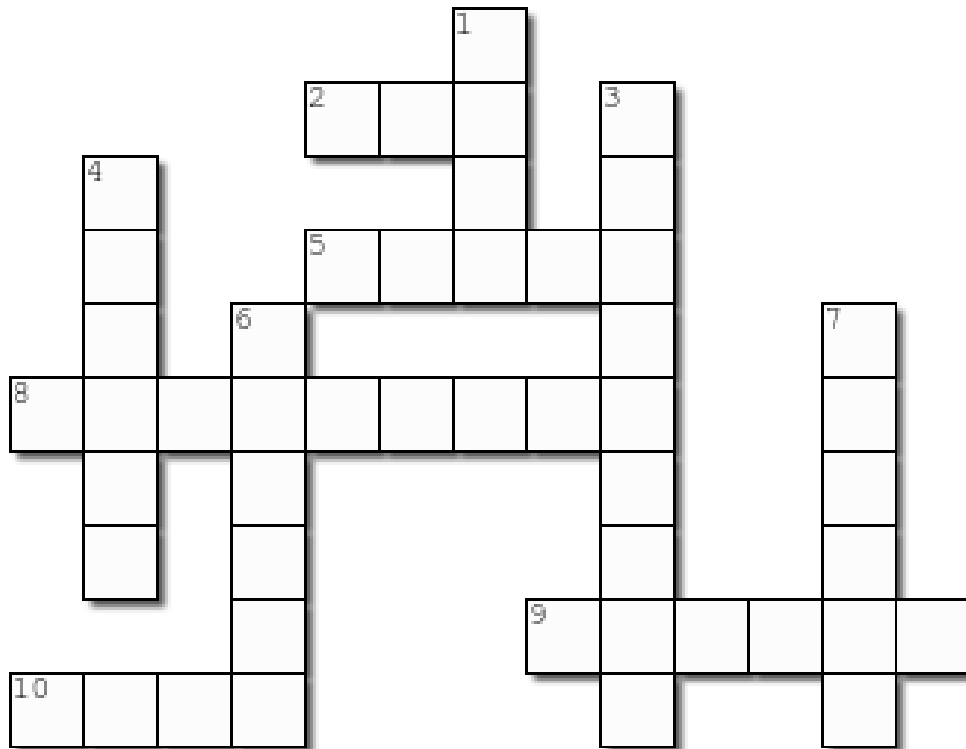
For more information please contact Sure Steps
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@Artwithmrs.e

Crossword

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



Across

2. Where is the smallest bone in the body located?
5. How many planets are in the solar system?
8. What instrument does Lisa Simpson play?
9. How many players on a soccer team?
10. How many actors have played James Bond?

Down

1. What animal starts life as a tadpole?
3. What does a caterpillar turn into?
4. What country has the largest coastline?
6. Most popular search engine.
7. What river runs through Dublin city?