

# 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. Remember to pick up your copy! We hope you find it helpful.

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## Positive Affirmation;

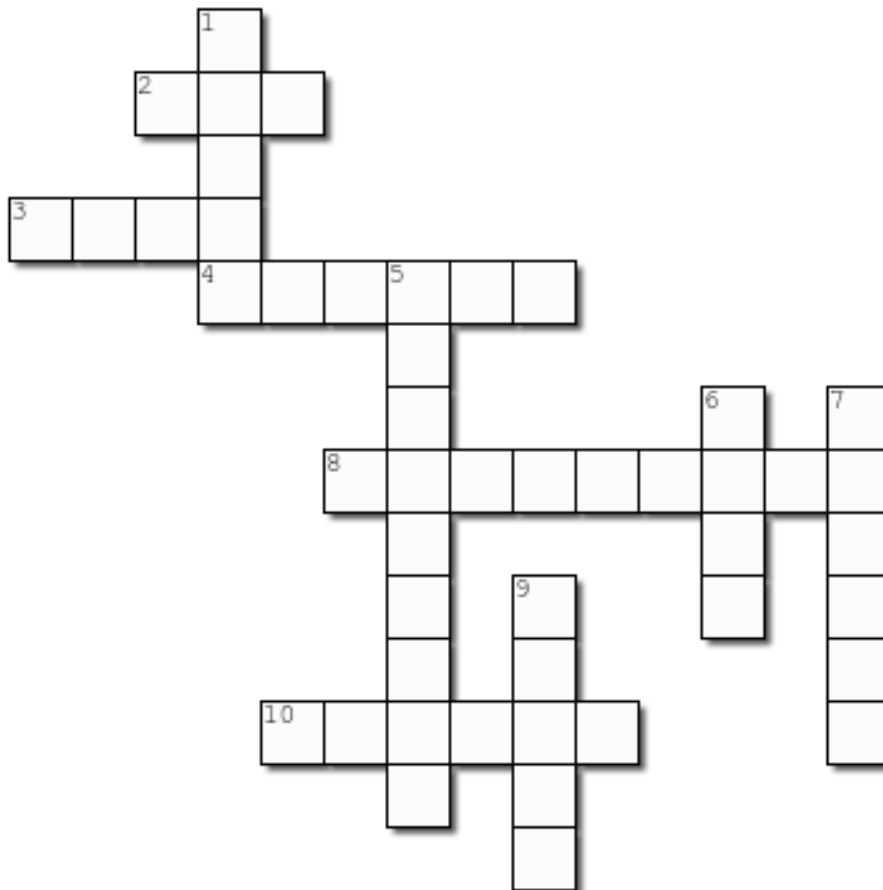
**I acknowledge my own self-worth;  
my confidence is growing.**



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).

# Crossword

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



## Across

2. How many wives did Henry VII have?
3. How many strings on a violin?
4. What is the largest state in America?
8. Steve Tyler is the lead singer of what band?
10. What is the capital of Poland?

## Down

1. What zodiac sign is represented by a scales?
5. Second name of director of the movie Jaws.
6. What river runs through Egypt?
7. Brie and gouda are types of which food?
9. Anne \_\_\_\_\_ wrote a diary during World War II.

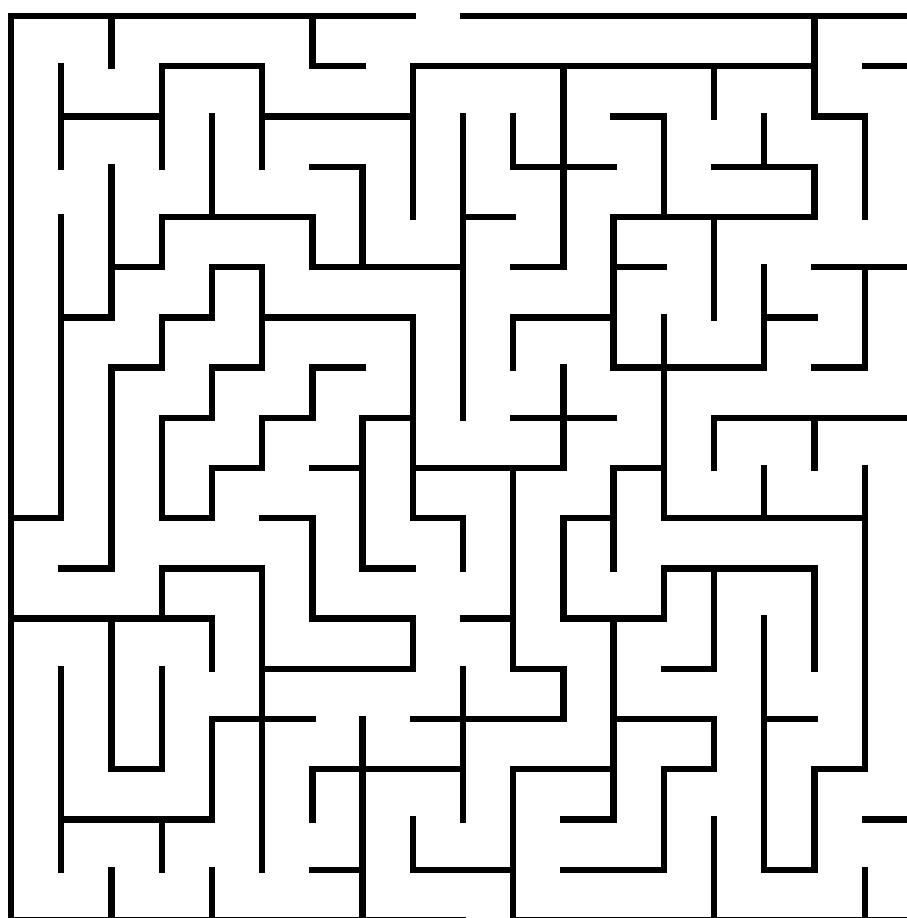


@artwithmrs.e 2020

# 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



Dublin  
**Simon**  
Community

## Self-Care Assessment Part 2

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognising areas of your life that need more attention. There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.



**1 = I do this poorly / I do this rarely or not at all**

**2 = I do this ok / I do this sometimes**

**3 = I do this well / I do this often**

**✓ = I would like to improve this / I would like to do this more frequently**

<b>Social Self-Care</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>✓</b>
Spend time with people who I like				
Call or write to friends and family who are far away				
Have stimulating conversations				
Meet new people				
Spend time alone with romantic partner				
Ask others for help when needed				
Do enjoyable activities with other people				
Keep in touch with old friends				
Overall social self-care				

<b>Spiritual Self-Care</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>✓</b>
Spend time in nature				
Meditate				
Recognise things that give meaning to my life				
Participate in a cause that is important to me				
Overall spiritual self-care				

<b>Professional Self-Care</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>✓</b>
Check courses I could attend in order to pursue a career				
Check career opportunities				
Ask for assistance on career advice				
Overall professional self-care				



For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)