

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;

**My obstacles are moving out of my
way; my path is carved towards
greatness.**



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.

Sudoku

Sudoku 6x6 Puzzles

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

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

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

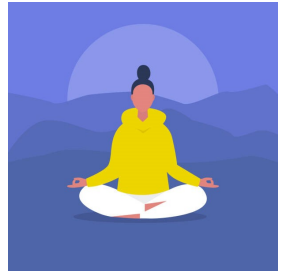


Progressive Muscle Relaxation

Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body.

In a progressive muscle relaxation each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation.

Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries you may wish to leave out that part of the exercise.



To prepare; lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

Instructions

Focus your attention on different parts of your body in sequence. Go through the sequence three times:

- 1) Tense & release: tense that body part, hold it for a few moments, then relax
- 2) Lightly tense & release: tense that body part with just enough tension to notice, and then relax.
- 3) Release only: just pay attention to each muscle group and decide to relax it.

Recommended sequence;

- ⇒ Right hand and arm (clench the fist and tighten the muscles in the arm)
- ⇒ Left hand and arm
- ⇒ Right leg (tense the leg, lifting the knee slightly)
- ⇒ Left leg
- ⇒ Stomach and chest
- ⇒ Back muscles (pull the shoulders back slightly)
- ⇒ Neck and throat (push the head back slightly into the pillow/surface)
- ⇒ Face (scrunch up the muscles in your face)



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

Tuesday's Talents!

'Tuesday's Talents' will be published in the Activity Pack on the first Tuesday of every month to showcase the fantastic work you have been sending us. Thank you to those who have been in touch. Please keep sharing your work by emailing cd@dubsimon.ie and we will feature it next month!



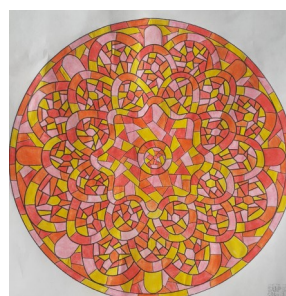
Here is some beautiful mindfulness colouring Christian completed during an art class in the Dublin Castle gardens.



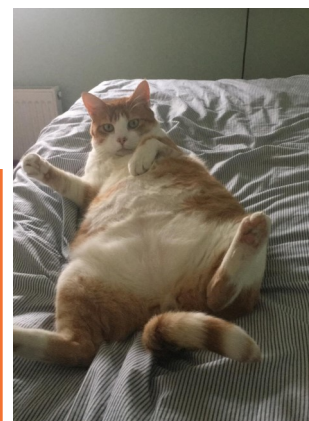
Thomas has shared his amazing drawings. Thanks Thomas!



Ed sent in a wonderful way to spend a weekend, by completing some mindfulness colouring. See the before and after pictures of this project, we can see a lot of work went into these, well done Ed!



Ed did this fantastic mindfulness colouring piece, giving himself the added challenge of only using four colours.



Benny has taken to laying on the bed as if he wants to be served. 'Get me the TV remote. Get me my dinner!' Thanks for sending in the photo Justin!