

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 have been given endless talents
which I begin to utilise today.**

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 write out the inspirational quote from Eleanor Roosevelt.

a	b	c	d	e	f	g	h	i	j
△	⊗	▶	▼	<i>er</i>	●	♯	❖	▷	♁

k	l	m	n	o	p	q	r	s	t
Ⓜ	ℓ	○	☾	⊞	◆	&	■	≡	⌘

u	v	w	x	y	z
∪	□	▲	∪	⋈	◆

_____ _____ _____ _____ _____ _____ _____ _____ _____ _____
 ▲ ▷ ⌘ ❖ ⌘ ❖ *er* ☾ *er* ▲

_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
 ▼ △ ⋈ ▶ ⊞ ○ *er* ≡ ☾ *er* ▲

_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
 ≡ ⌘ ■ *er* ☾ ♯ ⌘ ❖ △ ☾ ▼

_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
 ☾ *er* ▲ ⌘ ❖ ⊞ ∪ ♯ ❖ ⌘ ≡

COVID-19 and Anxiety



Much of the anxiety we're feeling right now comes from **uncertainty**.

So, try to create **some certainty** for yourself as soon as you can.

This means creating a **new routine** and some **daily structure**.

Get going on this as soon as possible and **stick to it as best you can**.

The anxious gremlins in your head may be stressing out because they've never experienced anything like this before.

They **panic** when they **don't know what to expect**.

It is time to create a **new normal** for them.

This will **calm** them down so much.

Keep your focus on this **new routine** and take it **one day at a time**.



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

Car Word Search

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

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

fiat

cadillac

renault

mazda

honda

ford

hyundai

smart

toyota

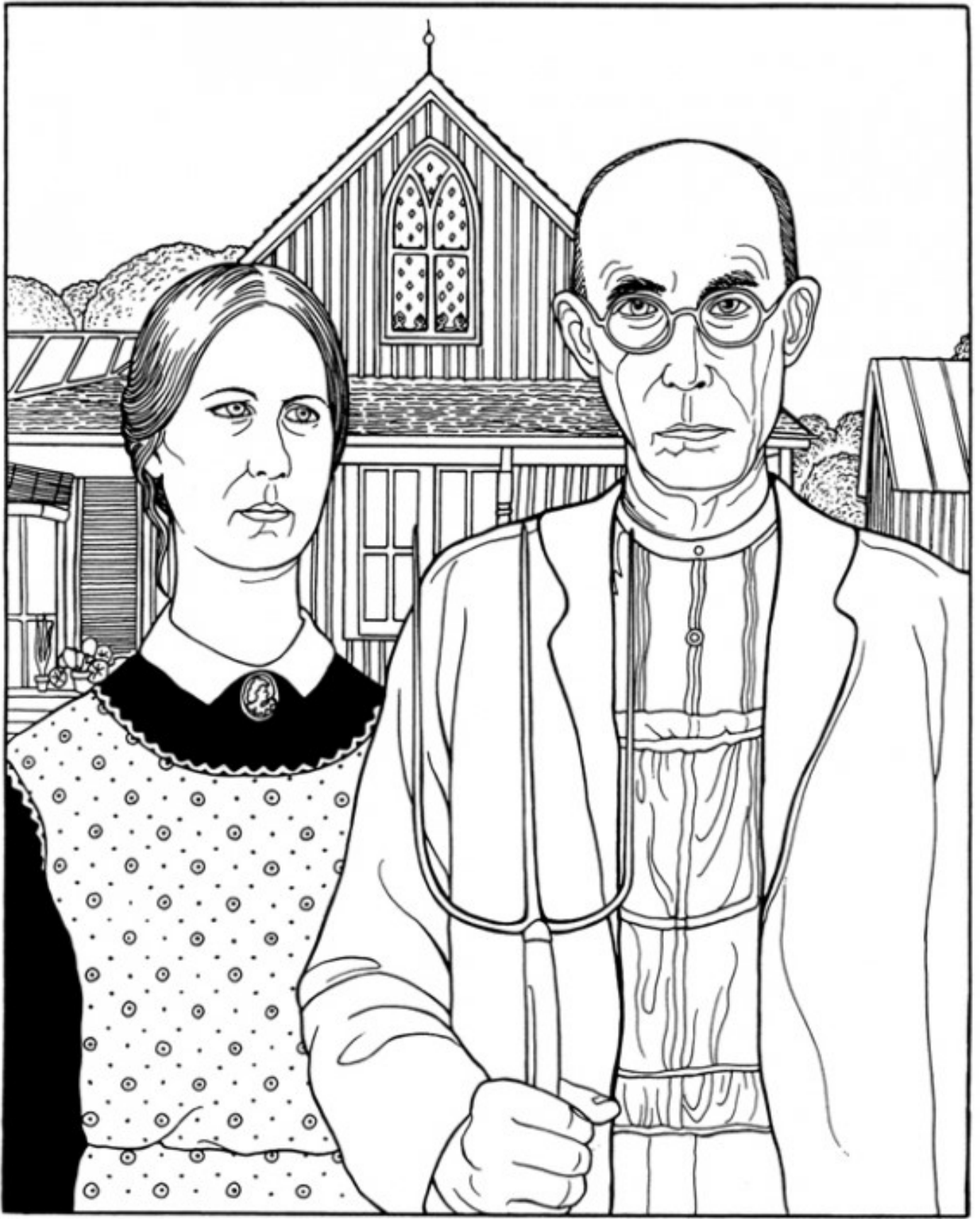
subaru

mitsubishi

telsa

volkswagon





60. Grant Wood. *American Gothic*, 1930.