

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;











Every day I discover interesting and exciting new paths to pursue.
















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 positive affirmation.


a	b	c	d	e	f	g	h	i	j
									


k	l	m	n	o	p	q	r	s	t
	<i>er</i>			<i>&</i>		<i>@</i>			


u	v	w	x	y	z
					


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
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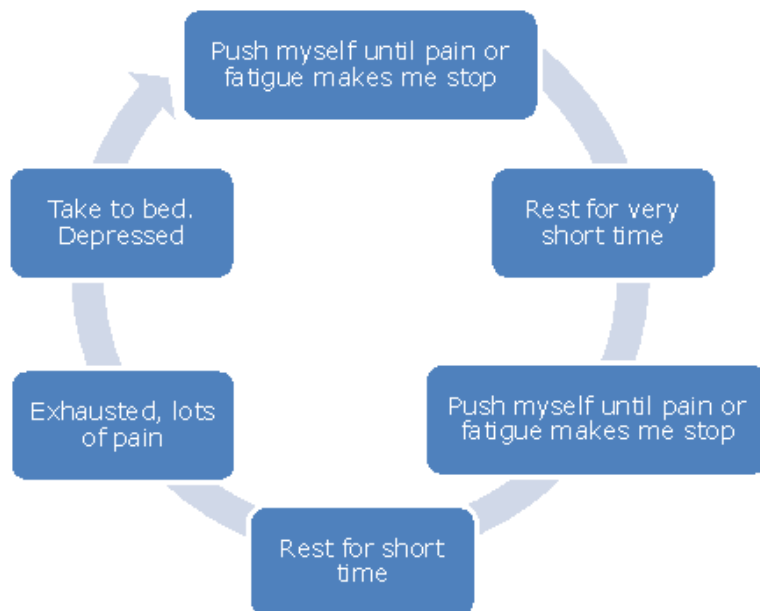
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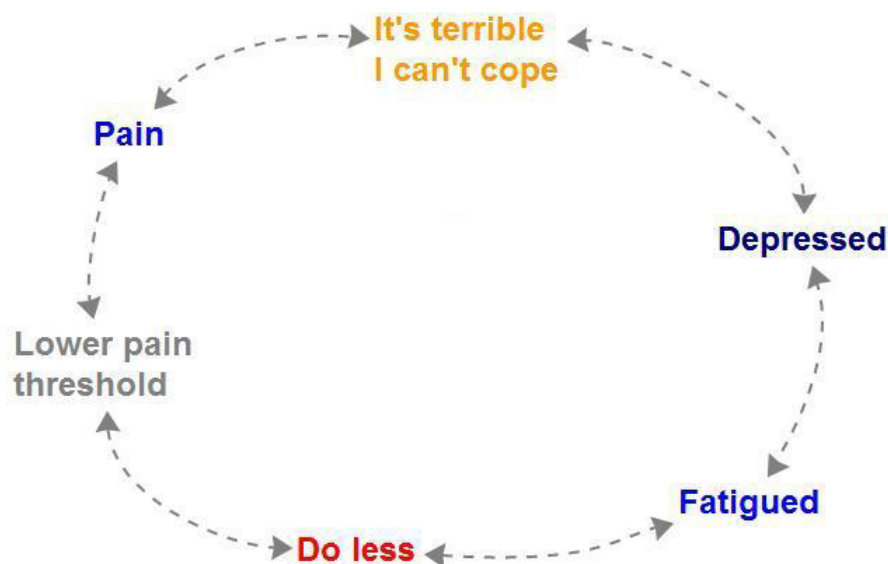
Chronic Fatigue and Chronic Pain

Part 1

Chronic and persistent pain and fatigue can cause us to fall into habits of activity and rest that may not be the best way to deal with pain and fatigue. Cognitive Behavioural Therapy (CBT) can help to identify unhelpful ways of thinking and acting, and help us make healthy and positive changes, therefore reducing the pain and fatigue.



Breaking this simplistic vicious cycle means stopping before the pain or (physical and mental) fatigue makes you stop - and scheduling in some rest periods. Thoughts and physiological factors also play a significant part in the cycle:



Check out next week's activity pack for part 2 of our series on chronic fatigue and chronic pain.



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



Vincent van Gogh. *The Starry Night*. 1889.

Sudoku

Sudoku 9x9 Puzzle

Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

4	1	5	6	9	2		8	3
		2		1	8		4	6
		7	3			1	2	9
9	2		8			3	5	1
	3		2	6	5	8		7
7			1	3		2	6	
		1		2	3	6	7	
2	8	3	4		6		1	
6	7	9	5	8		4	3	2