

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 fears of tomorrow are simply
melting away.**



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.

Parts of the Body Word Search

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

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

arm liver brain bladder arteries

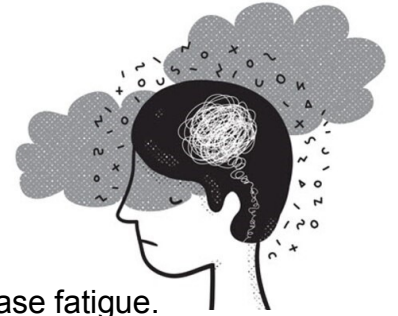
bones kidney elbow skeleton

mouth leg muscles heart veins

Chronic Fatigue and Chronic Pain

Part 2

There are several factors which contribute to fatigue and pain, on top of an existing chronic pain or chronic fatigue condition. These include:



⇒ **Doing too much too soon after illness**

⇒ **Resting too much for too long**

If you rest for too long you may have more symptoms later when you try to become active again.

Prolonged rest makes it harder to get active again and can increase fatigue.

Prolonged rest affects the heart and lungs, nervous system, and muscles.

⇒ **Boom and bust**

Doing too much when you have some energy can result in feeling more tired and experiencing more pain and then having to rest for longer.

⇒ **Disturbed sleep**

⇒ **Thinking about pain and fatigue**

Worrying and focusing on fatigue and pain tends to make them more prominent in our attention, resulting in experiencing more pain and fatigue.

Worrying that the symptoms may be a sign of getting worse, or after an activity we might worry that we're harming ourselves by what we're doing.

⇒ **Life stress and low mood**

Financial difficulties – due to not being able to work, or having to work less.

Worry about being able to do what needs to be done.

Feelings of guilt in not doing what we think we should be doing, thinking that we're letting others down.

⇒ **Mental fatigue**

Difficulty concentrating, easily distracted, poor understanding.

Poor short term memory, difficulty retaining new information.

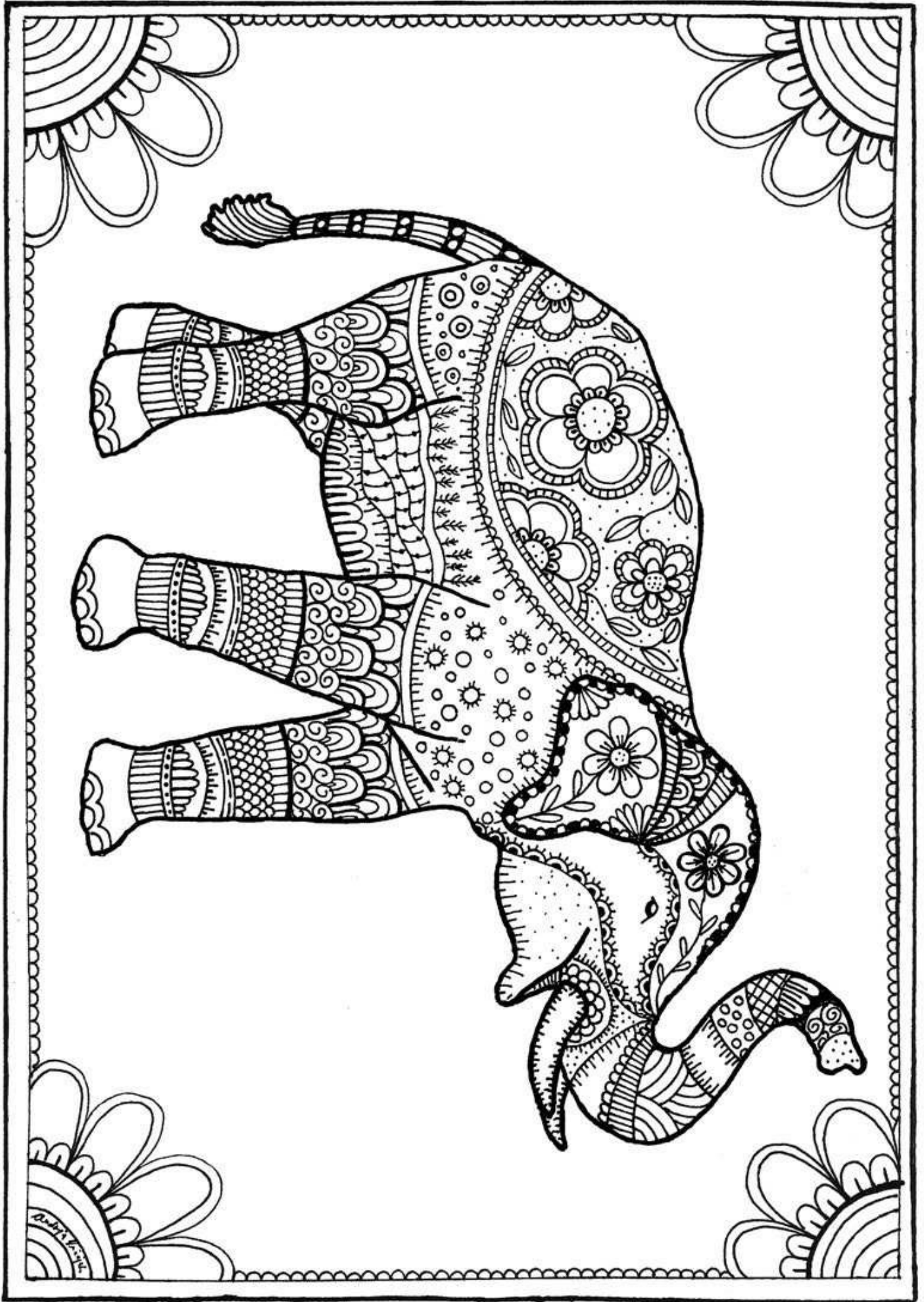
Forgetting how to do things that used to be done automatically, without thinking.

All of these factors can lead to feeling low in mood, frustration, anxiety, helplessness, sense of loss of control, and depression. This causes us to feel even more tired and experience more pain.

Next week we will present some techniques that might help you take control of your life, enabling you to live a more enjoyable, independent and fulfilling life. Stay tuned for part 3!



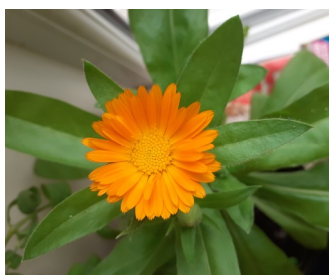
For more information please contact Sure Steps
Counselling on 01 6354882 or
surestepscounselling@dubsimon.ie



Tuesday's Talents!

This month's 'Tuesday's Talents' is full of colour. Thank you to all who sent in photos of their art and plants. Tuesday's Talents will be published in the Activity Pack on the first Tuesday of every month. If you are interested in featuring your work in the next Tuesday's Talents, please send your work to cd@dubsimon.ie.

Ed has grown his own blooming beautiful window garden!



Ed is still doing beautiful mindfulness colouring as well as tending to his window garden! Thanks Ed



Margaret Rose sent in this gorgeous illustration. Thanks Margaret Rose!



Cheryl sent in her fantastic folded art, made by folding paper with acrylic paint on it. They look great!



Hedgehog Madness!

These hedgehogs are fun and easy to make. Thanks to everyone who sent in their creations.

Check out this hedgehog family created by Harcourt Street residents! They even made a wonderful crown for the King Hedgehog!



Simon the Hedgehog made by Julie.



This wonderful hedgehog was created by Carol.

