

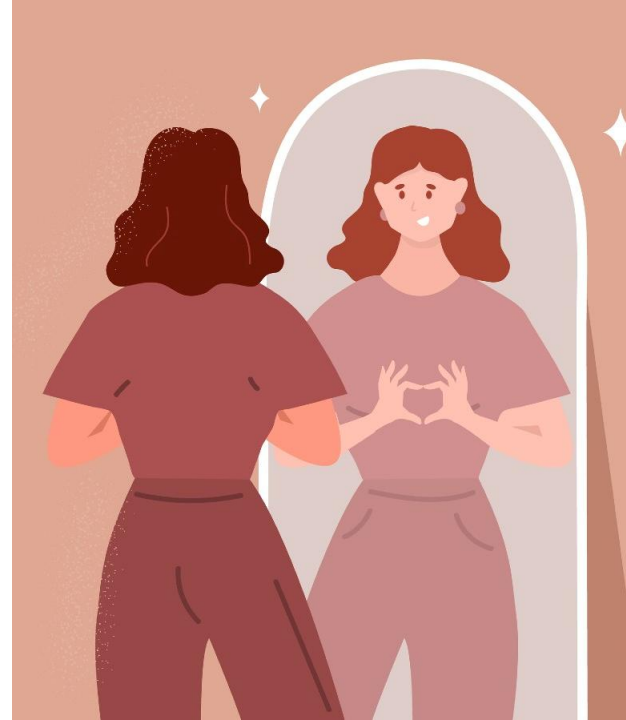
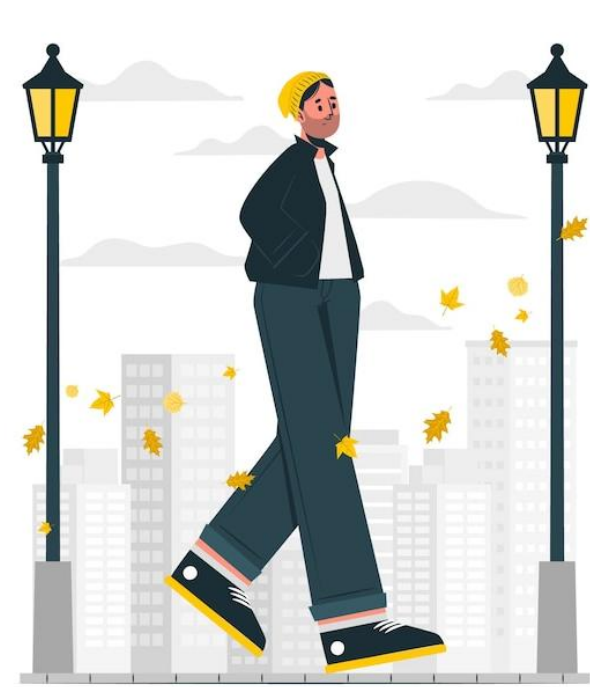


Wellbeing

By Cody and Kayleigh

What is wellbeing?

- It is important to look after your wellbeing. This means taking care of yourself and making sure you are happy and healthy.
- This could be hard for someone with learning disability because they may need more support.
- It can be hard to get the right support. You might need support to have a walk as it might not be safe for you to do this on your own.
- It can also cost a lot of money.



Opportunities

It is important for you to feel part of the community.



You might like to do this by getting a job, or doing some volunteer work.

Sometimes it can be harder for someone with a learning disability to get a job.

It is important that if you need support with this, you get it.



TAKE CARE



OF YOURSELF



Self-Care

- It is important to look after your body, your mind and yourself. You may rely on someone else like a carer to support you with this.
- It is good to be independent and find small things that you can do yourself to help.
- Some of these things could be:
 - Eat more healthy
 - Doing your interests
 - More Exercise
 - Routine
 - Getting a good night's sleep.



Stress

Stress can make you feel worried and anxious.

You might feel worried about work, money or family.

Your physical health might be affected like your blood pressure, you could find it harder to sleep as well.

Taking a break away from things that are causing you a lot of stress can be helpful.

If you feel like this, it is important to get help.

You may need to do self care more often.

#TimetoTalk
tea break





Community

- To help your wellbeing, you could join in with clubs and groups in the community.
- It can be hard for someone with a learning disability to feel included.
- There might be less clubs or groups that are right for you.
- There might be a waiting list to join in with this.
- You could try, setting up your own group if there isn't one. This is a great way to make friends.



How to be a good listener

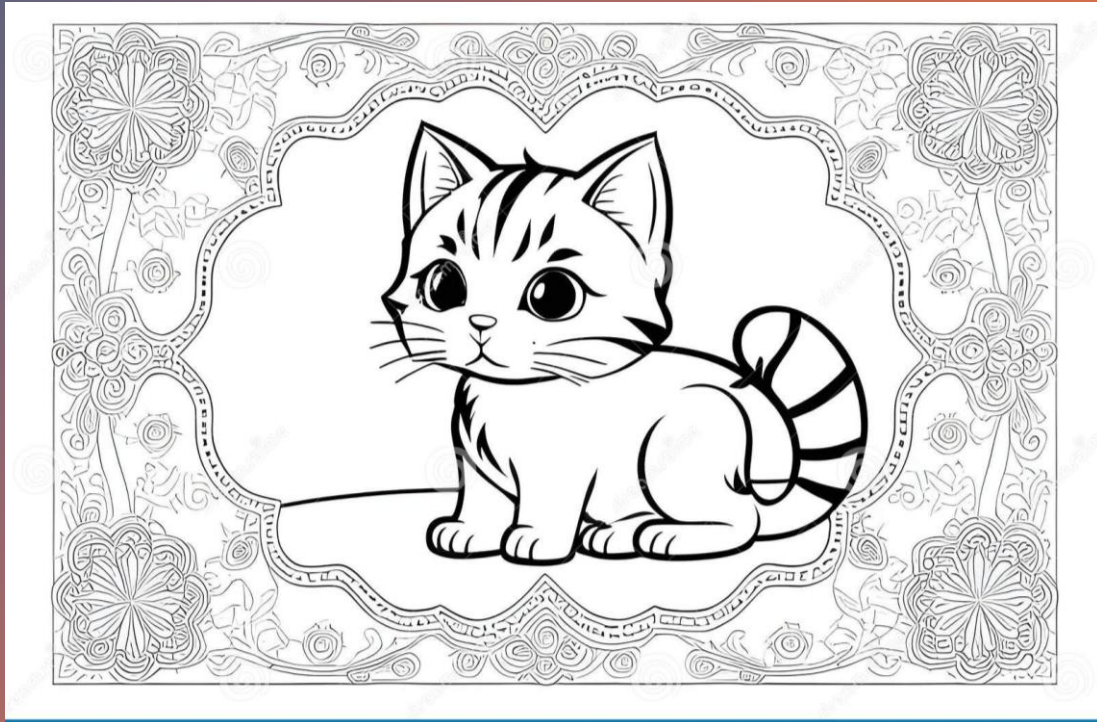
- It is important to listen to people with a learning disability and to let their voice be heard.
- Being a good listener shows the person that you want to help.
- You can use your own experiences to help others.
- You can try and understand how somebody else might feel.
- This can be hard, you could think of a time where you felt the same way to try and understand.





Mindfulness

- If you feel anxious or stressed, you can do some breathing exercises to make you feel better.
- This can calm you down, this is called mindfulness.
- There are other ways to do this as well such a colouring in and using stress balls.



Bad days

What makes
a bad day?



What am I
worried about?

What can I
do about it?

Good days

What makes
a good day?



What makes a
good day even
better?

Something I feel
positive about

Pause and Reflect

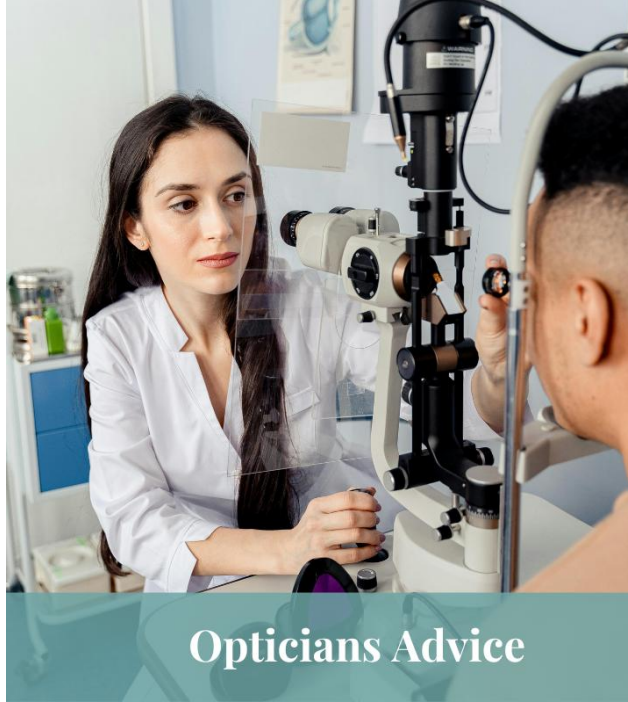
- Mencap have some pause and reflect leaflets to help you to relax.
- You could think about....
- What would make your day better.
- What you are worried about it, and what would help you to feel less worried.



Carers

- When you are looking after other people, it is important for you to take time to look after yourself too.
- It can help to put your feet up and take your mind off things.
- Caring for someone can be hard, Mencap have a helpline which can help if you need to talk.





Physical Health

It is important to look after your physical health as well as your mental health.

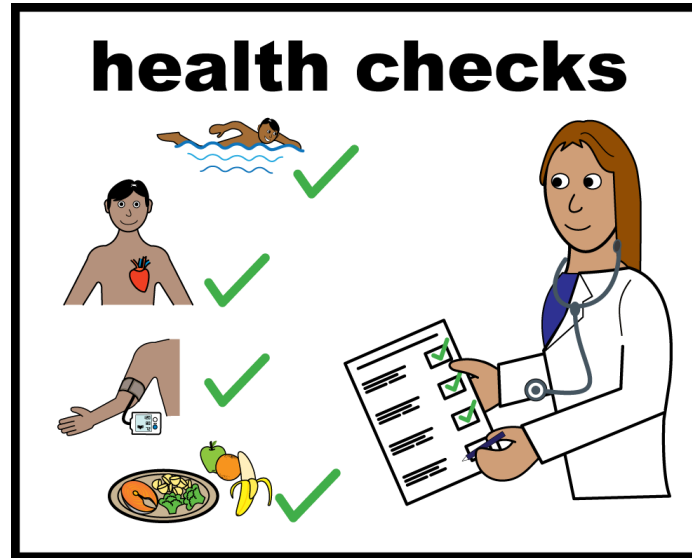
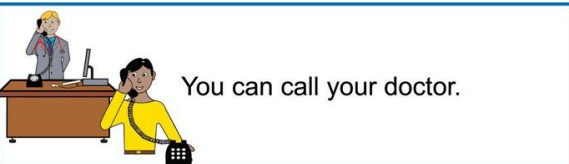
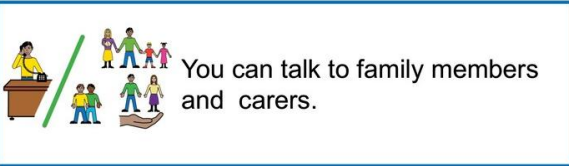
You may need to create an appointment at the dentist and opticians.

You might be invited for cancer checks and early vaccines. This is to make sure you are not poorly.

It is important that you see a doctor if you are not feeling well or you can book in for a check up.



What to do if you are poorly or worried



Annual Health Checks

- Annual Health Checks are offered every year.
- In the annual health check they test your blood pressure, weight, temperature and ears.
- It is important you attend this appointment and please do not ignore the letter or text.
- It is good to attend even if you are feeling well.





Questions

- Do you need support to look after yourself?
- How could this support be better?
- How do you look after your body and your mental health?