

Wellbeing is important

Make a decision to have better wellbeing



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What is wellbeing

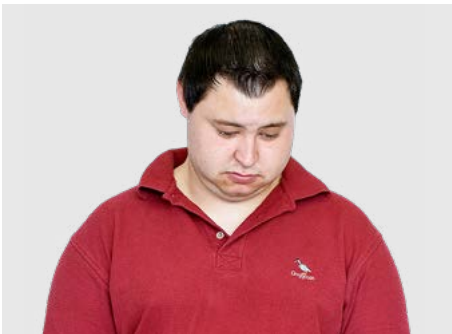


Wellbeing is how you feel in your body and mind.



Your wellbeing is good when you feel

- happy
- safe
- healthy.



If your wellbeing is not good you can feel

- sad
- stressed
- sick.



Wellbeing is important for a good life.

Wellbeing and Decision Making



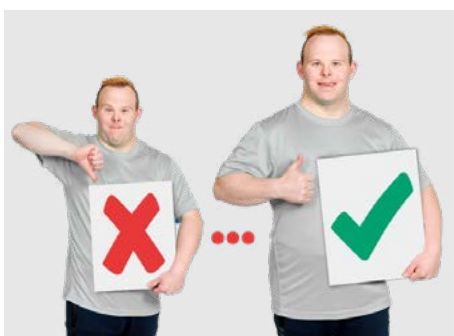
Decisions can be big or small, easy or hard.



You have to think before you make a decision.



You can make a decision about your wellbeing by yourself or with a support person.

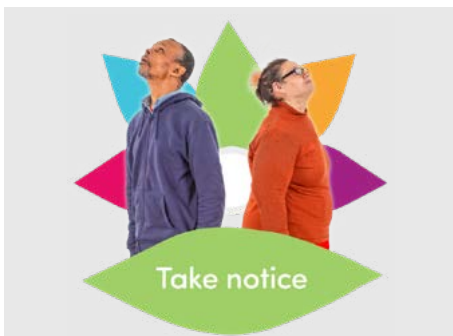


You can choose to do things that make your wellbeing better.

5 ways to wellbeing

There are 5 ways that can help you to decide to make your wellbeing better.

You can get support if you need it.



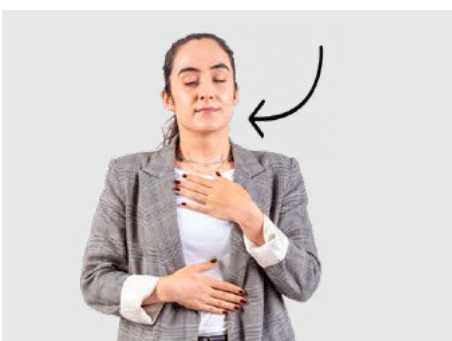
Take notice

Stop and be aware of what is around you.

This helps you to

- Think about what you are doing right now
- Slow down and take a break

This can help you to feel calm.



Things to try

- Be outside in nature
- Look at the sky at sunset
- Think about what makes you smile the most
- Be aware of your breathing
- Breathe in and out slowly.



Be active

Do some exercise or move around.

This helps you to

- Keep your body fit and healthy
- Feel better in your mind.

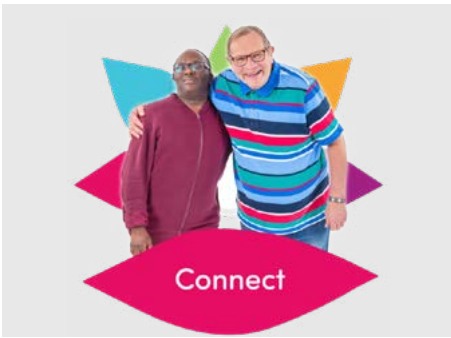


You can move in the way that is best for you and your body.



Things to try

- Move to music
- Join a gym
- Go for a walk outside
- Go in the pool.



Connect

Connect with people around you.

This helps you to

- Have close relationships with people you know
- Meet new people.



Be sure to connect with people and things that make you feel good about yourself.



Things to try

- Have time with family or close friends
- Have time with other people who like the same things as you
- Join a community group.



Give

You can give by doing kind things for others.

This helps you to

- Know you have made someone smile
- Think about others and your community.

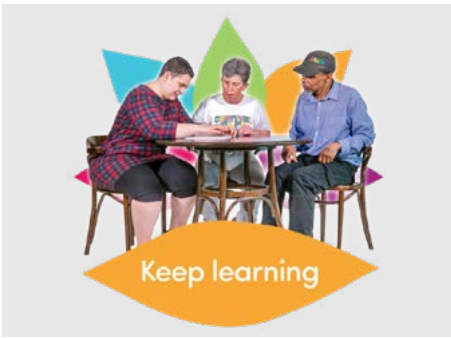


You can show others what you care about and give from your heart.



Things to try

- Volunteer in your community
- Help a friend
- Give someone a smile and say hello.



Keep learning

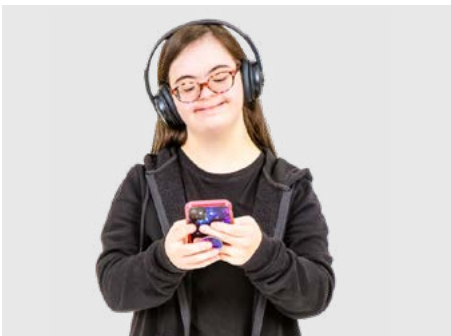
Try something new.

This helps you to

- Find out what you like and do not like
- Build skills
- Feel proud.



Choose something new to do and have a go.



Things you could try

- Learn a new recipe
- Visit a new place
- Sign up for a course
- Listen to new music.

Choose a wellbeing activity

Use this page to try one of the 5 ways to help your wellbeing.
You can fill it in by yourself or with a support person.

Which of the 5 ways I would like to try.

Circle 1.



What activity I will do.

When I will do it.

Who will support me.

! Do this part after you have tried the activity.

How the activity helped my wellbeing.

What will I change next time.

Will I do this again.

Check your wellbeing

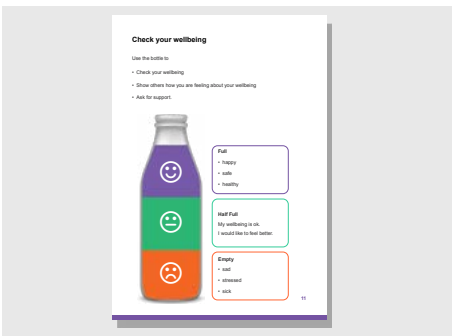


It is important to take care of your wellbeing.

You have the right to good support for your wellbeing.

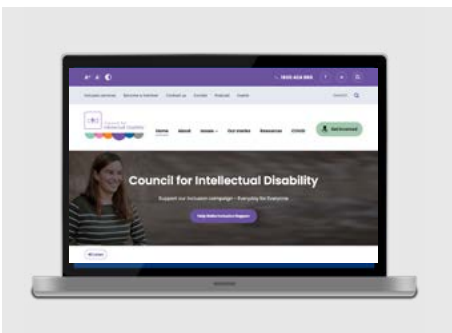


The 5 ways can help you have better wellbeing.



On the next page is a wellbeing checker.

You can use it to check your wellbeing any time.



You can find more info about wellbeing on the CID website.

www.cid.org.au

Check your wellbeing

Use the bottle to

- Check your wellbeing
- Show others how you are feeling about your wellbeing
- Ask for support.



Full

- happy
- safe
- healthy

Half Full

My wellbeing is ok.
I would like to feel better.

Empty

- sad
- stressed
- sick



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