



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

**Coronavirus series**



## **Staying well and healthy**

*Easy read*

**A Down's Syndrome Association publication**

## Looking after yourself



Due to the coronavirus pandemic.

We are staying inside more and have less to do.



We need to look after ourselves more than usual.



You can use this guide to help you:

- Plan things you enjoy and make you feel good
- Feel more positive and in control of your life

## Staying independent



Being independent makes us feel good about ourselves.



Keep doing things for yourself and other people.



Keep your home tidy and clean.



Keep doing things that make you feel proud.



Keep supporting your friends and family who may need it.

## Going outside for walk



You can still go outside for a walk.



Being in nature can make you feel more positive and calmer.



Go outside and feel the sun on your face and look at the beautiful plants.



You can grow plants in your home too.

## Sleep



Good sleep is very important for feeling well.



Sleeping too little or too much will make you tired.

**8** hours

Try to get around 8 hours of sleep.



You can set an alarm to remind you when to go to bed.

And one to wake you up in the morning.

## Diet and exercise



The food you eat affects how you feel.

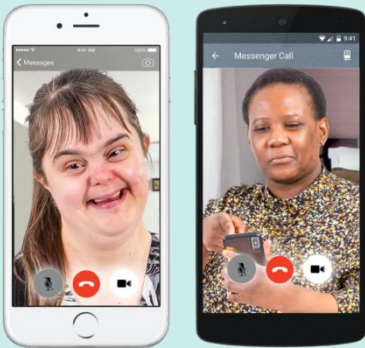
Eating healthy food will make you feel more positive.



Exercise also makes you feel more positive.

If you are feeling low, try doing a half hour home workout or going for a walk.

## Connect with others



Try to stay in touch with friends and family.

Even if this is online or over the phone.



Talk to other people about how you are feeling. Ask for help if you need it.



Try to have fun! Talk about things that make you happy and bring back good memories that you can share.



You could talk about holidays, favourite places, food, experiences or funny moments.

## Finding Balance



Looking after ourselves and keeping busy is important.

But sometimes it can feel like everything is too serious.



We also need to make time for having fun, being calm and enjoying ourselves.



Sometimes it can be hard to find a balance.

You can ask someone you trust to help you make a plan.



# Enjoy



Do things that you enjoy and make you happy.

Try new things.



Can you spend half an hour each day learning a new skill?



Talk with people that make you laugh.

## Vitamin D



Taking vitamin D may help you to stay healthy and well.



Talk to your family or supporter about taking vitamin D.

## Your health



Keep in touch with your doctor and go to any health checks you have.



Ask them to arrange your free flu vaccination.



You can talk to your doctor about having an injection to prevent some types of pneumonia.

## Helping others



At times like this we all need a little help.



Doing something for someone else will help you to feel good about yourself.



Think of ways you can help other people each day.  
Some ideas:

- Making the beds
- Keeping someone company
- Doing the washing
- Help someone make a meal
- Taking the bins out
- Draw a picture for a friend

## Seeing the positive things in our life



During the coronavirus pandemic, things have changed quickly.



When things change quickly, it can make you feel uncertain about the future.



This can have an affect on our emotions.

We can start to feel sad or angry.

It is OK to have these feelings.

## Seeing the positive things in our life



We all need to look after ourselves and each other.

Talk to others about how you are feeling.



Remember to do things that are fun and you enjoy.



At the end of each day, try writing down three things that make you feel good. You can ask for help to do this if you want.

## Our Voice



You can join 'Our Voice'.

'Our Voice' is a group of people who have Down syndrome.

We meet online.

### What does a member of Our Voice do?

You will be part of an active and growing community of people who have Down's syndrome.

You can help other people who have Down's syndrome and create change.

You can tell the DSA what you think and help us to make information resources and training.

**You will also have the opportunity to meet new people and make new friends!**

To join Our Voice click here!



Or email – [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

The Down's Syndrome Association is here to support people who have Down's syndrome and to help them live their lives to the full. We also stand up for their rights, campaign for change and challenge unfairness and discrimination.

**Call us on 0333 1212 300**  
**Monday to Friday, 10am-4pm**

**Email us on [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)**

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**Find more on our website [downs-syndrome.org.uk](http://downs-syndrome.org.uk)**



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