

Emotional well-being



What is well-being?

Easy read

What do we mean by well-being?



Well-being is about being comfortable, healthy, or happy.




These are 5 ways that the NHS says we can help our well-being




Well-being can be about how our body feels.

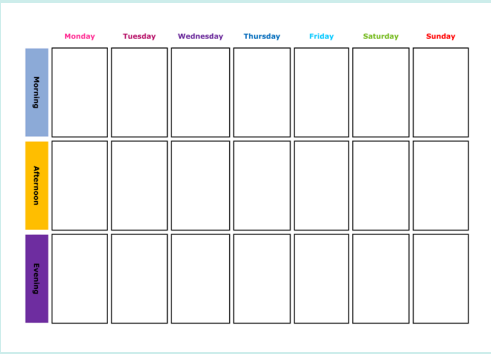
What do we mean by well-being?



It can also be about what we are thinking.



How we are feeling.



And what we are doing in the day.

Some things that effect how we feel



Being in pain or unwell.



How much we sleep.



How much we move around.



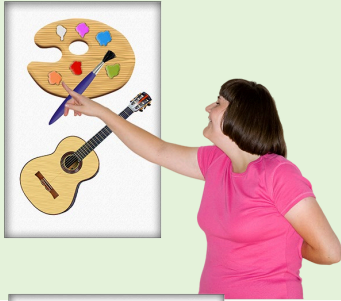
Events that happen.



The people in our lives.

How do I know when I am well?

These are things that you told us.



I can make decisions easily.



I can let people know what I want and need.



I sleep well at night.



I have plenty of things to keep me busy during the day.



I find it easier to use words.

How do I know when other people are well?



They tell me how they are feeling.



I can tell by looking at them.



Some people make movements with their hands or heads when they are happy

What effects my well-being?

These are things that you told us are stressful



When things don't happen as I want.



When I don't feel prepared.



When I feel rushed.



Health appointments.

What effects my well-being?



Other people's emotions.



Other people being unwell.



Being tired.



Not being able to see friends and family.

What effects my well-being?



Not having enough to do.



Not being able to communicate.



People moving away or dying.

Things that help me to feel ok



Spending time with friends.



Connecting with family.

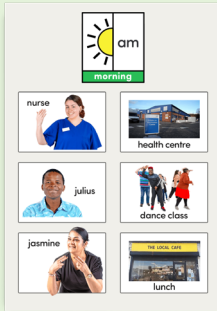


Moving my body.



Spending time outdoors.

Things that help me to feel ok



Structure – knowing what is going to happen in my day.



Having the right support to communicate.



Preparing for new things or places



Working/having purpose.

Things that help me to feel ok



Watching TV, films, shows and musicals.



Playing games.



Activities like crafting, colouring, painting and quizzes.



Listening to music.



Singing and dancing.

Things that help me to feel ok



Pets.



A good night's sleep.



Talking to people who understand me.



When people close to me are happy.

Sometimes we don't feel ok



We all have times when we don't feel ok



We can talk to someone and that might help



Someone in your life might not feel ok



You can ask them if they want to talk to you about it.

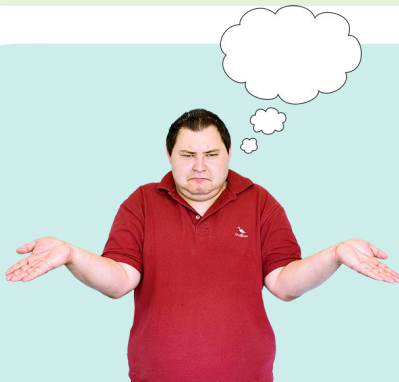
Sometimes you may not feel ok



It is important to do things that help you feel ok



It is good to do these things even if you don't feel ok.



It might be harder to tell people what you want and to make choices.



We might need people to give us more time or to show us objects, pictures or photos to help us understand

Sometimes you may not feel ok



The first thing you should do if you do not feel good is talk to someone you are close to.

It is ok to ask for help and support.

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

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Find more on our website downs-syndrome.org.uk



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