

**Down's Syndrome  
Association**

A Registered Charity No. 1061474

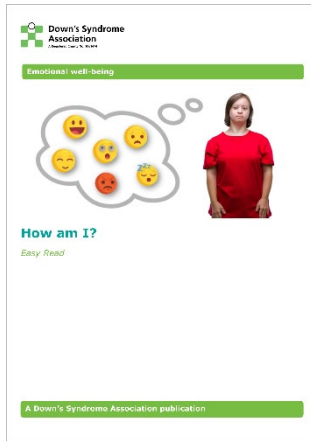
## Emotional well-being



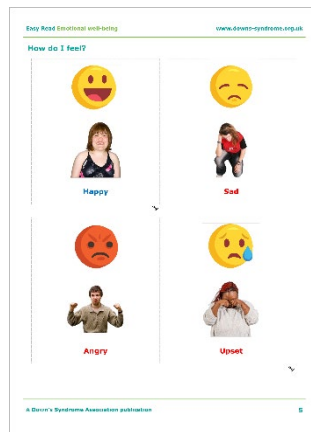
## How am I?

*Easy Read*

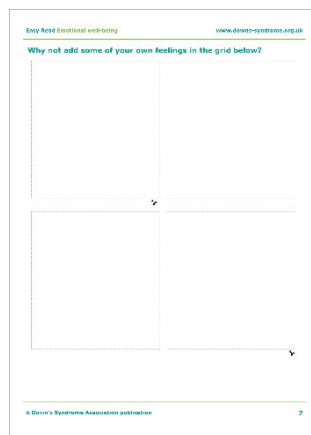
A Down's Syndrome Association publication



This booklet is to help recognise how you feel and what could help you.



There are some examples of how you might feel and what might help.



You can come up with your own feelings and emotions and things that help.



You may want to have someone to help you use it

## How am I?



We can have many different feelings in one day and this is ok.

We might feel:



Sad



Happy



Excited



Angry



Calm



Upset



Tired



Worried or scared

## Our feelings can change because of different things



What we feel...

If we have pain this might make us feel sad.



Who we see...

If we see a friend this might make us happy.



What we do...

If we don't sleep enough, we may feel tired.



What we hear...

When we hear our favourite song we may feel excited.



What happens to people around us...

If someone we love becomes unwell we might be upset.

## How do I feel?



**Happy**



**Sad**



**Angry**



**Upset**

## How do I feel?



**Calm**



**Excited**

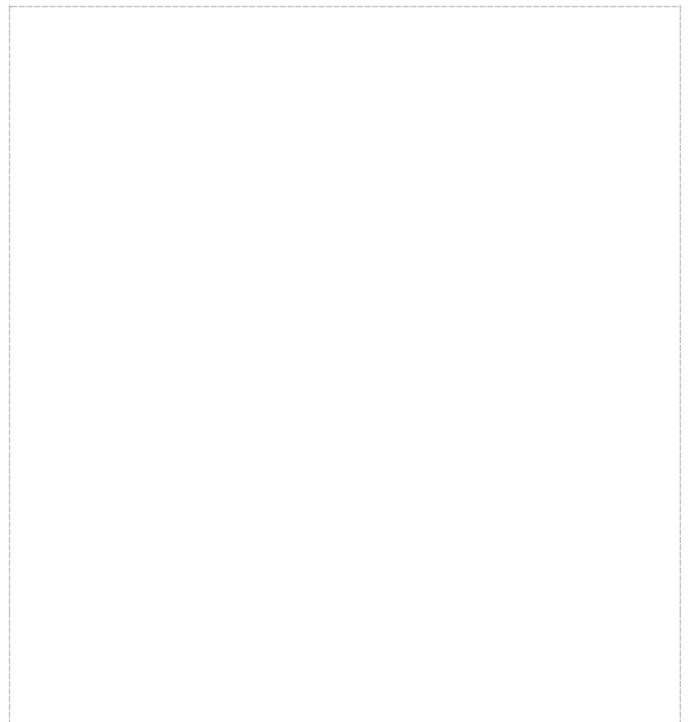
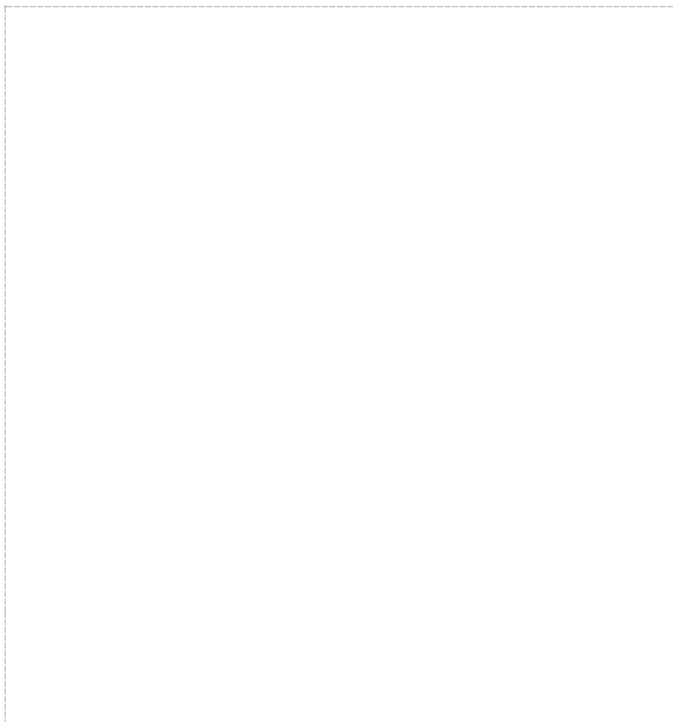
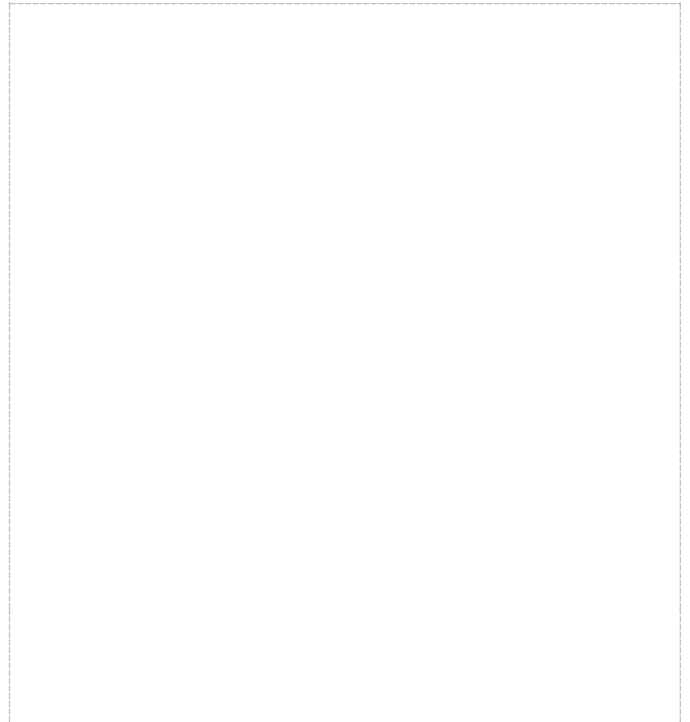
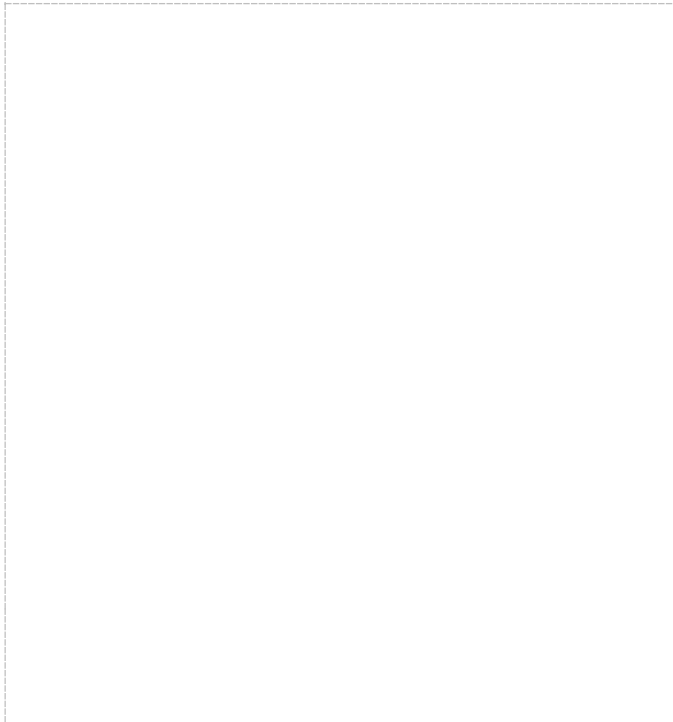


**Worried**



**Tired**

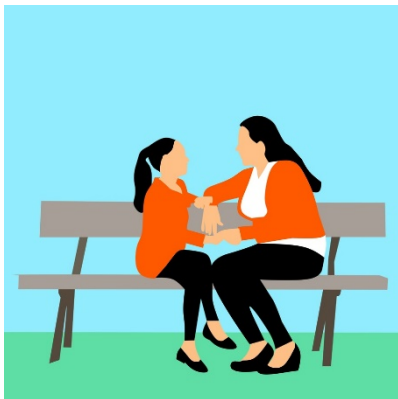
## Why not add some of your own feelings in the grid below?



## What would help now or later?



Talk to or message with a friend.



Talk to a parent or carer.



Watch tv or listen to music.



Exercise.



## What would help now or later?



Cry.



Eat or drink.



Sleep.



Have a hug.



Listen to a relaxation activity.

The DSA have made one you can use. You will find it on our website here:

[downs-syndrome.org.uk/product-category/publications/emotional-well-being](https://www.downs-syndrome.org.uk/product-category/publications/emotional-well-being)

## Perhaps you can add your own


It may pass without needing to do anything.

## How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday  
from 10am until 4pm.



You can also email us at

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

You can write to us too.

Our address is:



Langdon Down Centre

2a Langdon Park

Teddington

Middlesex

TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

## Contact us

### Down's Syndrome Association

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[www.dsactive.org](http://www.dsactive.org)



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[www.langdondowncentre.org.uk](http://www.langdondowncentre.org.uk)

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