



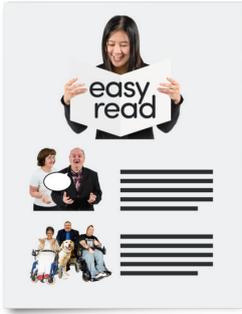
**Somerset  
Council**

# Your health and wellbeing

## How to look after your wellbeing when you are stressed



**Easy read booklet 2**



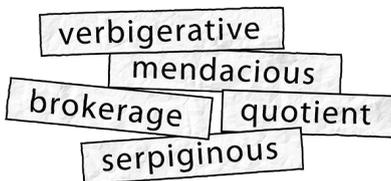
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

## words

Some words are **black and bold**. This means we think they are difficult words.



**Black and bold** words are thicker and darker. We explain what they mean in a box like this.



Some words are **bright blue**. These are links to websites or email addresses. You can click on these links on a computer.

# Who we are



We are **Somerset Council Public Health**.



Our job is to make sure people in Somerset are healthy and live good lives.



This booklet is about ways to make sure you are healthy and that your **wellbeing** is good.



**Wellbeing** means how healthy and happy you feel and how much energy you have.

# About our booklets



There are 2 booklets about how to look after your wellbeing.

- Booklet 1 is about ways to help your wellbeing.
- Booklet 2 (this booklet) is about how to look after your wellbeing when you are stressed.

You can read these booklets and answer the questions in any order.



In this booklet there are some QR codes. You can scan these with your mobile phone or tablet to go to websites.



In this booklet we ask you some questions about how you think and feel.

**I think...**

You can write your answers in the boxes underneath the questions.

# How to deal with problems that are hard



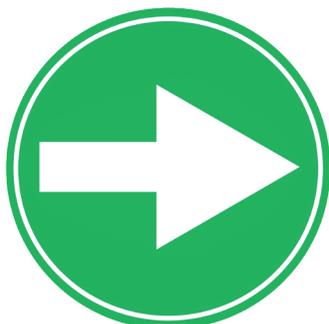
Ignoring a problem because it is hard can make you feel better when you are stressed. But it can make it harder to deal with later on.



Breaking the problem down into smaller parts might make it easier to fix.



If you have more than 1 problem, write the problems down in order of how hard they are to fix. Try to fix the easiest problem first.



On the next page is a chart you can fill in to help you work out how to fix your problems.

## Help with problem solving

	Problem 1	Problem 2	Problem 3
Write down the problem			
What can I do to fix the problem?			
What will help me fix the problem?			
What steps do I need to follow to fix the problem?			
How will I follow the steps to fix the problem?			

# How to cope with stress



Sometimes stress is good and can help you to work harder.



But, if you are stressed for a long time, it is bad for you. It can make you feel sad or overwhelmed and make your health bad.



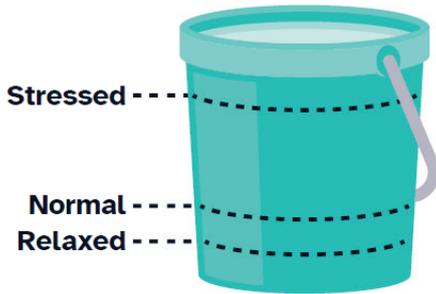
Relaxing is a good way to feel less stressed.



Think about stress like a bucket. The more full the bucket is, the harder it is to carry.



Doing activities you like can help you to empty the bucket and feel less stressed.



This picture shows a bucket full to different levels. Write how full your bucket is in the box below.

**My bucket is full to the level called**



In **Booklet 1** we told you about ways to help your wellbeing. You can read this information for good ways to help you cope with stress.



Write down what is making your bucket full up in the box below. This could be things like work, school or any other problems you have.



When you do things to relax it is like a tap that will empty the bucket. Write what you do to relax and be less stressed in the box below.



**What do I do to be less stressed at the moment**

**What else I could do to be less stressed**



Being very stressed for a long time can be bad for your body.



It can make your **blood pressure** high.



**Blood pressure** is how hard your blood moves around inside your veins. If your blood pressure is too high, you are more likely to have a heart attack or a stroke.



You can get your blood pressure checked by your doctor.



Scan this QR code to go to the **Healthy Somerset** website for more information.

<http://www.healthysomerset.co.uk/health-checks>

# Unhealthy ways to cope with stress



In **Booklet 1** we told you about ways to help your wellbeing. This information can be used to help you feel less stressed.



In the rest of this booklet, we look at some unhealthy ways you might cope with stress.



If you think you use unhealthy ways, there are different choices you can make and things you can do to learn better ways to cope with stress.

# Alcohol



Drinking alcohol can make you feel better for a little while when you are sad or stressed, but it does not fix the problems that are making you feel bad.



Doctors say that you should not drink more than 14 **units of alcohol** a week.



There is 1 **unit of alcohol** in

- half a pint of beer
- a small glass of wine
- a single measure of spirits like vodka or whiskey.



You should try to not drink alcohol every day, and to not drink lots of alcohol at once.



You should not start drinking alcohol until you are 18.

## Drugs



Using drugs is dangerous because you do not know how strong the drugs are or if they have been mixed with something that could hurt you.



Taking different drugs at the same time or taking drugs while drinking alcohol are dangerous.



If you take drugs and want to stop, you can call **Somerset Drug and Alcohol Service** to ask for help.

- Call this number **0300 303 8788**.



- Scan this QR code if you are under 18 and want more information about drugs.

[www.cypsomersethealth.org/drugs\\_and\\_alcohol\\_toolkit](http://www.cypsomersethealth.org/drugs_and_alcohol_toolkit)



- Scan this QR code if you are over 18 and want more information about drugs.

[www.healthysomerset.co.uk/alcohol-and-substance-use](http://www.healthysomerset.co.uk/alcohol-and-substance-use)

## Smoking



Smoking might make you feel better for a little while, but it is bad for your body.



Stopping smoking will make your heart and lungs work better and might make you feel less stressed.



If you want help to stop smoking

- scan this QR code to go to the **Smoke Free Somerset** website [www.smokefreesomerset.org.uk](http://www.smokefreesomerset.org.uk)
- send an email to [smokefree@somerset.gov.uk](mailto:smokefree@somerset.gov.uk)
- or call **01823 356222**  
Between 9am and 5pm on Mondays to Fridays.



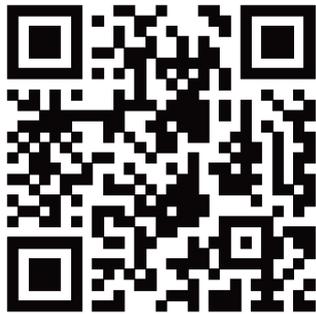


## Sex

Sex is a part of feeling good and staying healthy.



Making sure you have safe sex is important for your health and wellbeing.



If you have questions about sex,

- scan this QR code to go to the **SWISH** website.

[www.swishservices.co.uk](http://www.swishservices.co.uk)



- or call this number **0300 1245 010.**



**SWISH** is a special health service that can answer any questions you have about sex.

They will not tell anyone that you talked to them, unless they need to keep you or others safe from harm.



## Gambling

**Gambling** is when someone pays money to play a game or watch an event where they might win more money.



Gambling might feel fun at first, but if you do not know when to stop it can cause problems.



Gambling problems are serious. You can lose a lot of money. It might make you scared or angry or worry a lot.



If you want help to stop gambling,

- scan this QR code to go to the **South West Gambling Service** website.  
[www.awp.nhs.uk/our-services/az-services/south-west-gambling-service](http://www.awp.nhs.uk/our-services/az-services/south-west-gambling-service)
- or call this number **0330 022 3175** between 9am and 5pm on Mondays to Fridays.



# Who to ask for help



In **Booklet 1** we told you about lots of ways to make your wellbeing better.



Sometimes problems might not get better and you might need more help.



If you feel sad or scared all the time you should talk to your doctor.



Your doctor will be able to tell you where you can get help or talk about other ways to help you.



Scan this QR code to go to the **Healthy Somerset** website to find out more about who can help with your wellbeing.

[www.healthysomerset.co.uk/support-with-your-mental-health](http://www.healthysomerset.co.uk/support-with-your-mental-health)



Scan this QR code to go to the **NHS** website to learn more about mental health conditions.

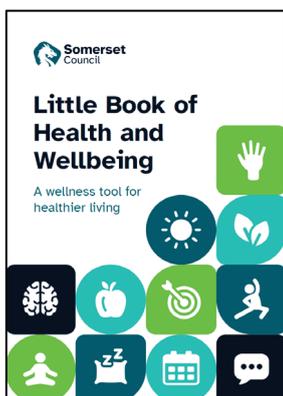
[www.nhs.uk/mental-health](http://www.nhs.uk/mental-health)



If you are worried about your mental health, or someone else's mental health, you can call **111** and press **option 2**



If you think that you, or someone else, might hurt another person because of mental health problems call **999** and ask for an ambulance.



Thank you to A2i for the words  
[www.a2i.co.uk](http://www.a2i.co.uk) (reference 44184)

The full version of this document is called  
**Little Book of Health and Wellbeing**  
A wellness tool for healthier living