



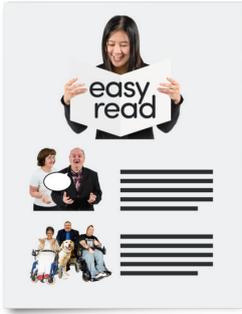
**Somerset
Council**

Your health and wellbeing

Ways to help your wellbeing



Easy read booklet 1



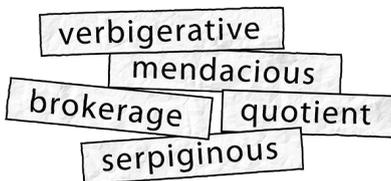
This is an Easy Read version of some information. It has words and pictures.



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 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** (this booklet) is about ways to help your wellbeing.
- **Booklet 2** 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.

Ways to have good wellbeing



Think about what you want to do

Make a plan about what you want to do in the next week, month or year.



This could be something small like going for a walk in the park every day, or it could be something big like getting a new job.



You can also think about what you will do if your plans do not happen.

This is an example of what you could write:

This week I will go for a walk in the park on Monday, Wednesday and Saturday.

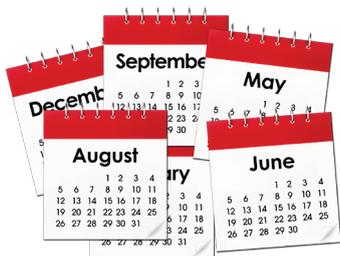
If I do not do this, I will try to go for a walk on a different day.



Write your answers in the box below.

This week I will

If I do not do this, I will



You can also write about what you want to do this month, or this year.



Be proud of what you do

Think about things you did in the last week or month that were hard for you to do.



Write 3 things that you are proud you did in the box below.

1.

2.

3.



Do things that make you happy

Doing activities that make you happy will help your wellbeing.



This week, write 1 thing that made you happy each day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Believe in yourself

If you have good **self-confidence** and good **self-esteem** it will help you have good wellbeing.



Self-confidence is how we feel about the things we can do.

Self-esteem is how we feel about ourselves.



To get better self-confidence and self-esteem you can

- act more confident
- see mistakes as a way to learn something new
- speak kindly about yourself
- remember that no one is perfect
- spend time with people you like
- write down the hard things you do, so you can remember that you did them.





Write the things you do to have more self-confidence or better self-esteem in the boxes below.



Use your time well

Make time every day to work out what you need to do.

Write the things you need to do in a list so you can cross them off when they are done.

Break the list down into 4 smaller lists in the box below.

Things I have to do today

Things I want to do today

Things I could do tomorrow

Things I can ask someone else to do

Think about things you can and cannot change



There are things in your life you can change and things you cannot change.

If you cannot change something, you should not worry about it. If you have a problem, you should think about the things you can change to fix it.



Write things you can change and things you cannot change in the box below.

Things I can change

Things I cannot change



Make time to rest and find ways to relax

Rest and relaxation is important for your wellbeing. You should make time for hobbies, like knitting or gardening.

Colour in the squares below that have activities you like to do in them. Then write your own in the blank squares.

Gardening	Baking	Colouring
Dancing	Reading	Listening to music
Taking a bath	Yoga	Watching TV
Drawing	Making a cup of tea	Lighting candles



Eat the right foods

The food you eat can affect how you feel.

You should have less sugar, tea and coffee and more vegetables, nuts and seeds.

Write 5 healthy choices to buy at the shops in the box below.

1.

2.

3.

4.

5.



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

[www.healthysomerset.co.uk/
focusing-on-more](http://www.healthysomerset.co.uk/focusing-on-more)

Move your body



Moving your body is good for you and can make you feel better.

If you are worried about moving your body, you should speak to your doctor.



Write ways you will move your body in the box below. This could be things like walking, dancing or swimming.

Sleep better



Your wellbeing will be better if you get enough sleep.



You will feel better, be able to concentrate better and do more in the day.



To get better sleep you should

- go to bed and get up at the same time every day, even at the weekend
- stop looking at mobile phone or computer screens 1 hour before you go to bed
- write down anything you are worried about before you go to sleep
- not drink tea, coffee or alcohol, or smoke cigarettes before going to bed.



If you want to think about ways to sleep better, you can make a sleep diary. There is an example you can use on the next page.

Sleep Diary

What time did I go to bed?	What time did I get up?	What did I do before I went to bed?	How did I feel when I woke up?	What could I do to sleep better?

5 ways to wellbeing



There are 5 things you can do to help make your wellbeing better.

Try to do 1 of these 5 things every day to help your wellbeing.



Connect with other people

Spend time with your family and friends. Other people can help you when you are sad or need help.

You could

- call a friend on the phone
- send someone a text message or email
- smile at someone in the street.





Move your body more

Moving your body helps keep you healthy. It also makes chemicals in your body that make you feel good.



You could

- do some gardening
- walk in the park
- use stairs instead of the lift if you are able.



Notice how you feel

Noticing when you are sad or stressed and thinking about how you feel can make you feel better.

Looking at what is around you might help you feel calmer.



You could

- name 3 things you can see, smell and hear
- think about your breathing.



Learn new skills

Learning new skills can help you be more self-confident and have better self-esteem.

Trying new things, even if you are not good at them is good for your wellbeing.

You could

- join a group or club
- listen to a podcast
- watch a documentary
- learn a new language.



Be kind and generous

Helping other people can help your wellbeing. You should also be kind to yourself.

You could

- donate money to charity or volunteer to help them.
- make a friend a cup of tea
- say “thank you” to people who help you.



Wellbeing Diary

Write down things you tried from the **5 ways to wellbeing** this week

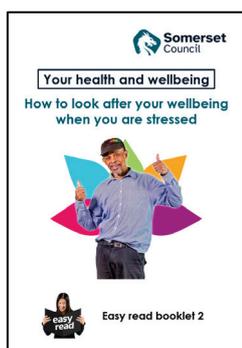
Date	What did I do?	How did it make me feel?



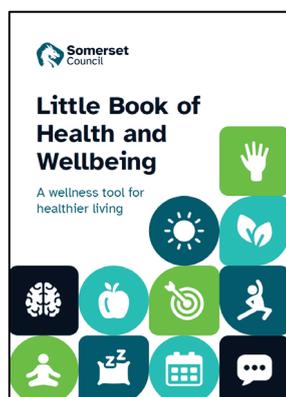
If you are worried about your mental health, or someone else's mental health, you can call **111** and press **option 2**.



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



For more information about how to look after your wellbeing when you are stressed you can read **Booklet 2**.



Thank you to A2i for the words 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