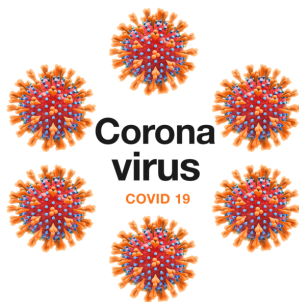


# Easy read guide to COVID—19 (Coronavirus) and your wellbeing



An  
information guide for people  
with learning disabilities



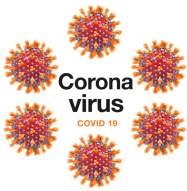


# Coronavirus and your wellbeing



If you need help to read this you could ask

- someone in your family
- A support worker
- a carer



This guide will give you information about

**COVID—19 (Coronavirus)** and how to look after your **wellbeing**



You can use this guide to

- help you to understand **mental health** and your wellbeing

And

- Give you ideas and things to do that can support your wellbeing



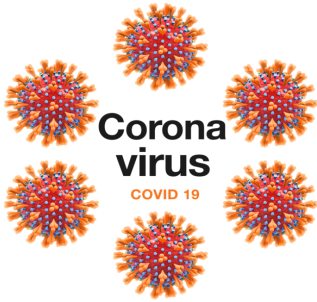
write down any important information that you want to remember

**blue**

Words highlighted in **blue** are explained on the last page



# Coronavirus and your wellbeing



Your family and supporters will have talked to you about COVID-19

This is a new illness

Lots of people call it Coronavirus



You have probably heard lots about Coronavirus on the television or radio



We know that some of the things you hear might make you feel worried or upset



It is important to look after your **mental health** and **wellbeing**

It will help to talk about how you are feeling with someone you trust

The information, ideas and activities in this guide have been developed by the **Foundation for people with Learning Disabilities**



The **Involvement Matters Team - East Sussex County Council's reference group of people with Learning Disabilities** and other self advocates helped to develop these resources

# Coronavirus and your wellbeing

## . Looking after your mental health



It is important to look after our Mental Health whilst we have to stay at home

Mental health is about how we feel in our minds.



Your mental health affects how you feel and think about life



Feeling good in your mind is as important as feeling good in your body



If you feel good in your mind you will feel happy, and good about yourself

It will help you enjoy life

# Coronavirus - Looking after yourself

## Your wellbeing



## The 5 Ways to Wellbeing

The 5 Ways to Wellbeing are a good way for us to think about what we can do to look after our mental health.





# Your wellbeing

## The 5 Ways to Wellbeing



- ◆ Strong relationships with the people closest to us can allow us to share our feelings.
- ◆ Relationships can help us feel like we belong and make us feel more **confident** about ourselves.

## Connect with others

**Here are some ideas to help you. You could...**

- ◆ Call your friend instead of messaging.
- ◆ Make time each day to speak to your family, friends or supporters.
- ◆ Send a friend an email or text asking how they are.
- ◆ Set up a video chat, you could use Skype or Zoom
- ◆ Plan a day out with family or friends for when we can go out again

### What will you do?

Think of 3 ways you will connect with others and write them in the box below.

### Connect with others

1.....

2.....

3.....





# Your wellbeing

## The 5 Ways to Wellbeing



### Be Active

Doing regular exercise is good for our mental health.

This doesn't mean we need to spend hours and hours at the gym!

We just need to find something that suits us. It could be about dancing to your favourite music or doing an exercise class in front of the tv!

**Here are some ideas to help you. You could...**

- Dance to your favourite music
- Do some housework
- Do some gardening
- Exercise with online fitness classes
- Exercise with **Yoga** DVD's or online

### What will you do?

Think of three things you will do to be active and write them in the box below.

Be Active	
1.....	
2.....	
3.....	



## The 5 Ways to Wellbeing



### Take notice

Taking notice and more aware of the present moment can help improve our mental health.

This is sometimes called '**mindfulness**'.

Being more aware of the present moment means noticing the sights, smells, sounds and tastes that you

**Here are some ideas to help you. You could...**

- Try yoga or **meditation**
- Pick a time each day to breathe deeply for a few moments
- Find a quiet place where you can be still
- Play some music and put all of your energy into listening
- Play a relaxation tape, close your eyes and listen

### What will you do?

Think of three ways you will take notice and be aware and write them in the box below.

Take notice

1.....

2.....

3.....





# Your wellbeing

## The 5 Ways to Wellbeing



Learning can help to make us feel better about ourselves and feel more satisfied

It can help us feel more confident and give us more **purpose**

### Keep Learning

**Here are some ideas to help you. You could...**

- Visit a virtual museum or art gallery
- Learn something new, like how to fix your bike
- Start a new hobby
- Learn to play a musical instrument
- Get someone to show you how to cook a new meal
- 

**What will you do?**

Think of three ways you will keep learning and write them in the box

Keep Learning	
1.....	
2.....	
3.....	



# Your wellbeing

## The 5 Ways to Wellbeing



Learning can help to make us feel better about ourselves and feel more **satisfied**

It can help us feel more confident.

### Give to others

**Here are some ideas to help you, You could...**

- Phone a friend or family member as a surprise
- Say thank you with a smile.
- Arrange a treat for you and a friend or family member
- Offer to help someone if you see them struggling
- Ask a friend how they feel and really listen to the answer

### What will you do?

Think of three ways you will give to others and write them in the box below.

### Give to others

1.....

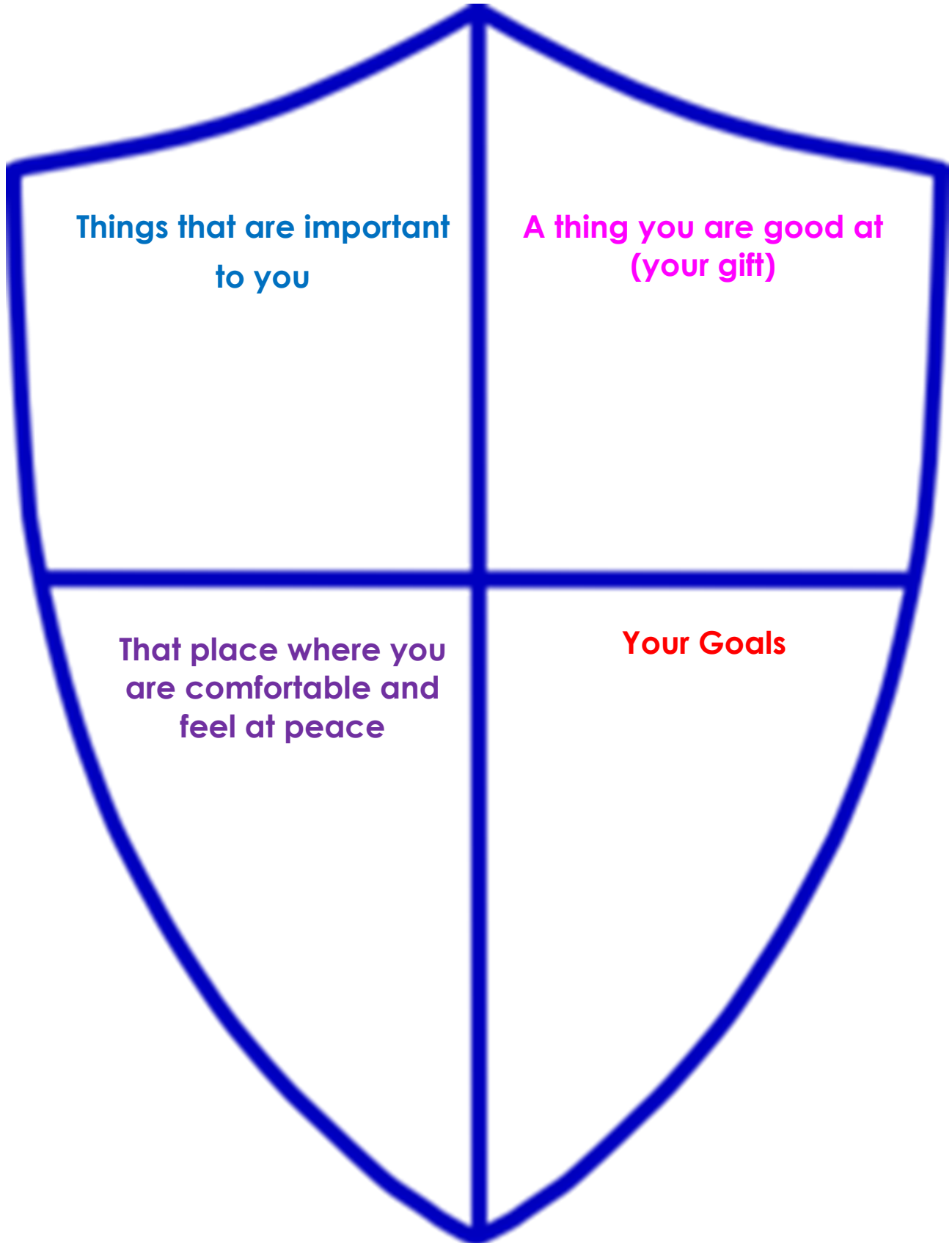
2.....

3.....



# Coronavirus, mental health and your wellbeing

## Your Personal Shield





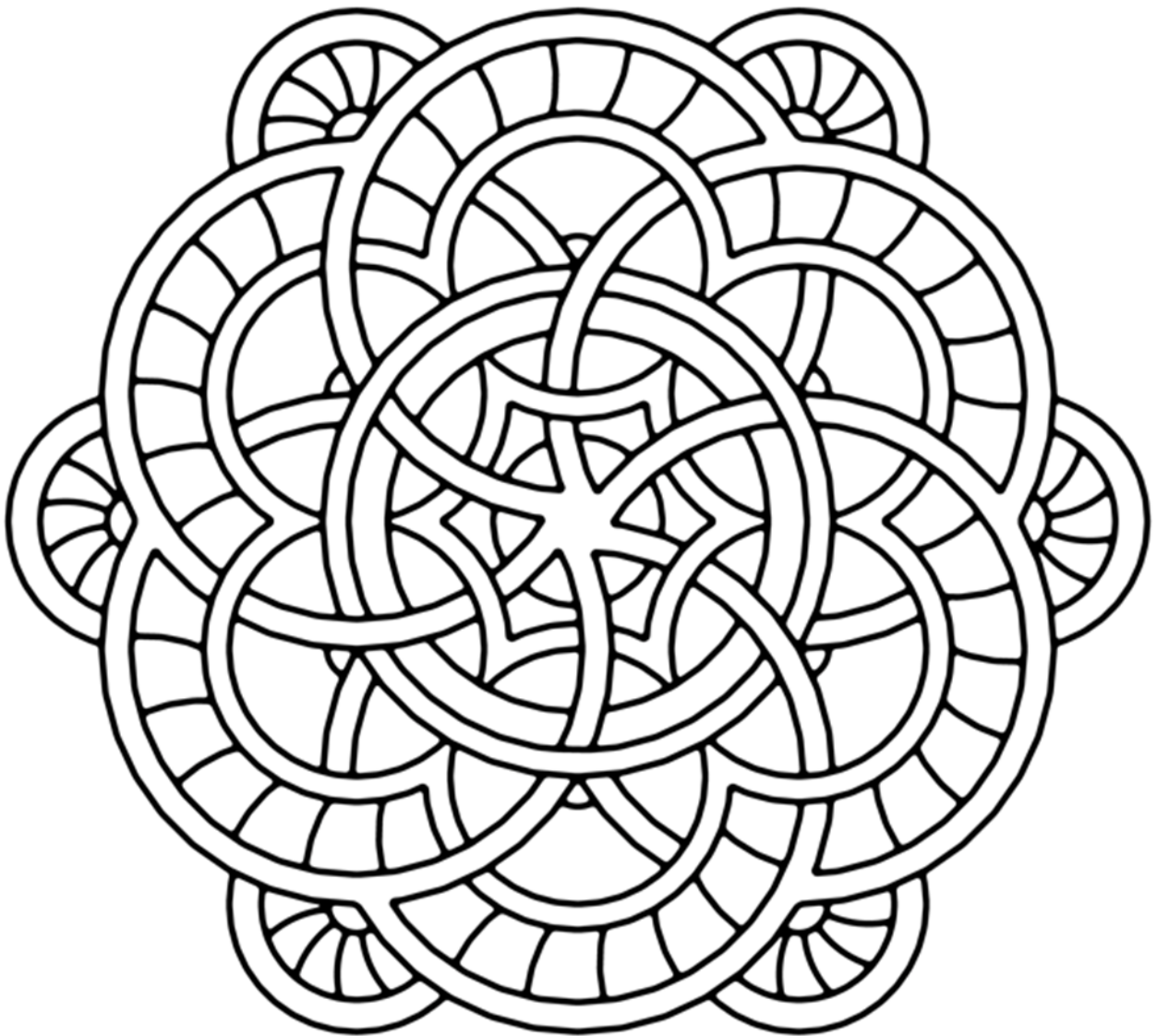
# Coronavirus, mental health and your wellbeing

## Relax colouring

Colouring something in can be very relaxing and can be good for our mental health.

The shape below is called a mandala.

Relax and colour it in!





# Coronavirus, mental health and your wellbeing



## Mindful breathing

Taking deep breaths can help to relax the body and the mind.

Deep breathing can help you to be calm.

### Instructions



Get yourself comfortable  
(you might want to sit down)



Breathe in through your nose  
for three counts

**1, 2, 3**



Hold your breath for two counts

**1, 2**



Breathe out slowly through your  
mouth for three counts

**1, 2, 3**



Do it as many times as you need  
to until you feel calm



# Coronavirus, mental health and your wellbeing

## Mindful seeing

It can be very easy to go about our busy lives without really noticing the world around us

It can be relaxing to take a moment to look at the things around us.



## Instructions



- ◆ Next time you go for a walk find one thing to really look at



- ◆ It could be a flower, a building, a picture. Anything.
- ◆ Stop for a few seconds.



- ◆ Look at the shape of the object. Look at its outline.



- ◆ Notice the light and the shadow. Is it rough or smooth? Look at all the different colours.



- ◆ Now notice how your attention has been captured by this one part of the world around you.



- ◆ Now look around. Look at all the other things around you. You could even try it at home!



**Remember, you should NOT go for a walk if you have received a letter from your doctor telling you to stay at home!**





# Coronavirus, mental health and your wellbeing

## Positive Statements

- Positive statements are messages that you repeat to yourself
- They can help you to feel good about yourself.
- They can help you to reach your goals.
- For example, 'I deserve to be loved', 'I am a good friend', or 'I love my body'.
- If you say them every day they can start to  
change your thinking
- They can help you to think positively



## How to do it

Think of a positive message that means something to you.

Read it out loud a few times every day.





# Coronavirus, mental health and your wellbeing

## Match the feelings

Draw an arrow from the feeling word to the right face.

The first one, 'Angry', has been done for you

Angry



Excited



Happy



Confused



Scared



Sad





# Coronavirus, mental health and your wellbeing

## Word search

B	B	H	A	P	P	Y	A
Z	D	J	W	S	C	A	C
R	M	E	A	D	M	U	T
R	E	K	R	V	F	H	I
U	S	L	E	A	R	N	V
D	Q	L	A	G	I	V	E
L	G	Q	R	X	N	I	X
M	I	N	D	F	U	L	R
P	C	O	N	N	E	C	T

### Words to find

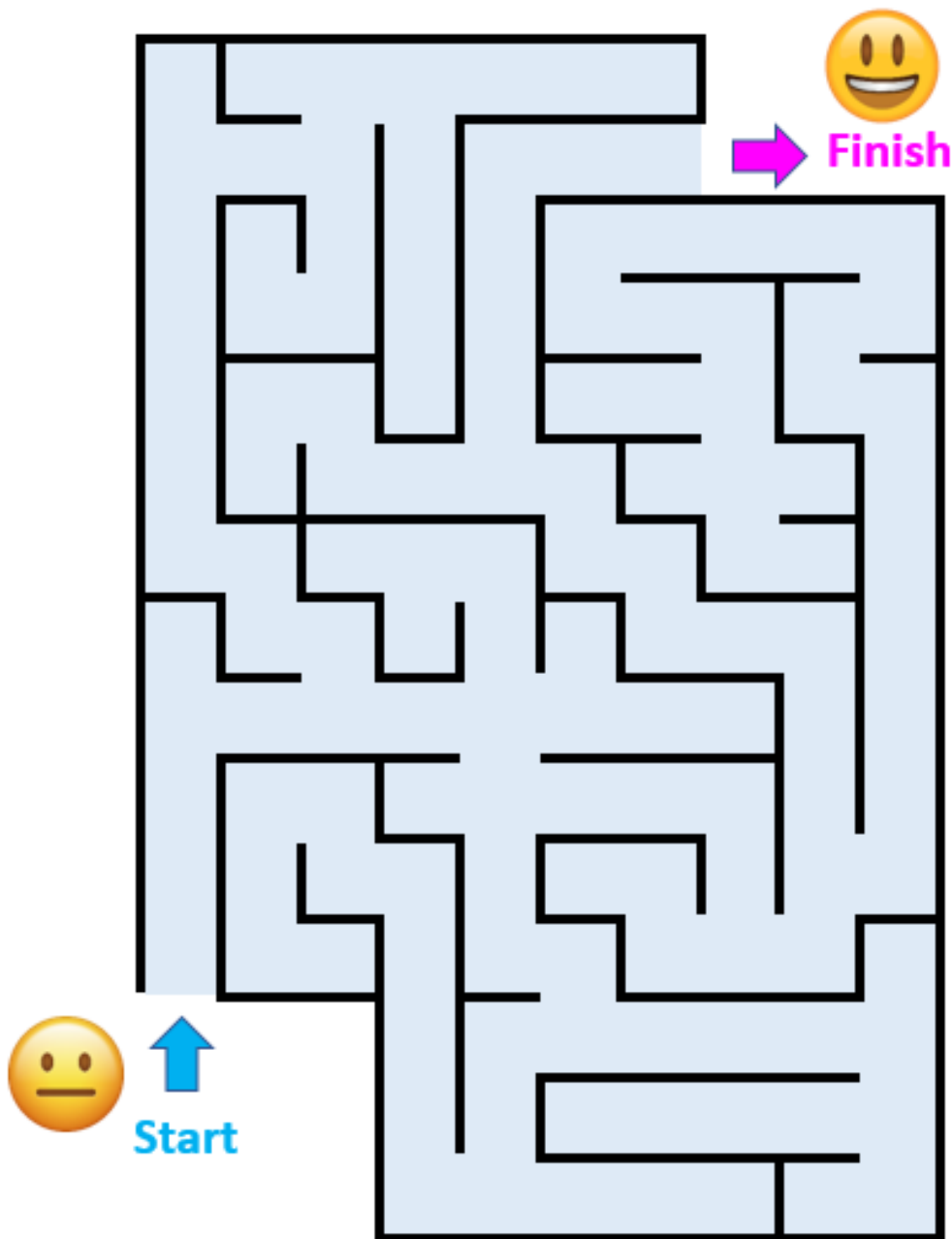
MINDFUL	ACTIVE	RELAX	LEARN
GIVE	CONNECT	AWARE	HAPPY



# Coronavirus, mental health and your wellbeing

## Mind maze

Puzzles are a great way to keep your mind active. They can help you to relax and they can help your memory.





# Coronavirus, mental health and your wellbeing

## How did you do?

(Here are the answers to the puzzles!)

### Match the feelings

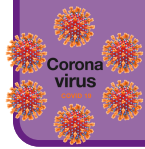


### Word search



### Mind maze





# Coronavirus Support



If you are concerned or worried, you should speak to your support staff or someone that you trust

If this does not help and you are concerned about your **mental health**, you or your supporter can contact your social worker or resource officer (if you have one)



Your social worker or resource officer can help you to get support

If you have a social worker or resource officer, contact the Community Learning Disability Team or Transitions team on:



⇒ **Community Learning Disability Team (East)**  
**Cavendish House, Hastings on 01424 724900**

or

⇒ **Community Learning Disability Team (West)**  
**Bellbrook Centre, Uckfield on 01323 747117**

or

⇒ **Transitions Service**

**St. Mary's House, Eastbourne on 01323 466166**



If you **do not** have a social worker and need advice you can contact:

**Health and social care connect on 0345 60 80**

**191** Open 8am to 8pm - 7 days a week

Or

Email: [hsc@eastsussex.gov.uk](mailto:hsc@eastsussex.gov.uk)







**You can use this page to write down  
any notes ,thoughts or  
things to remember**

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## Glossary (explaining words)

Word	Meaning
<b>COVID—19 (Coronavirus)</b>	A new illness
<b>Wellbeing</b>	Feeling healthy and happy
<b>Mental Health</b>	Mental health is about how we feel in our minds
<b>Confident</b>	Being sure about your own abilities
<b>Yoga</b>	Physical and mental exercises to help the body and mind
<b>Mindfulness</b>	Being aware of your body, mind and feelings in the present moment
<b>Meditation</b>	Focus on one thing as a way of becoming calm and relaxed
<b>Purpose</b>	Having a reason for what you do
<b>Satisfied</b>	Pleased because you have got what you wanted or something has happened the way that you wanted it to