



My wellbeing journal



My name is

Add a photo here –
this could be a picture of you
or a picture of something that
makes you feel happy.

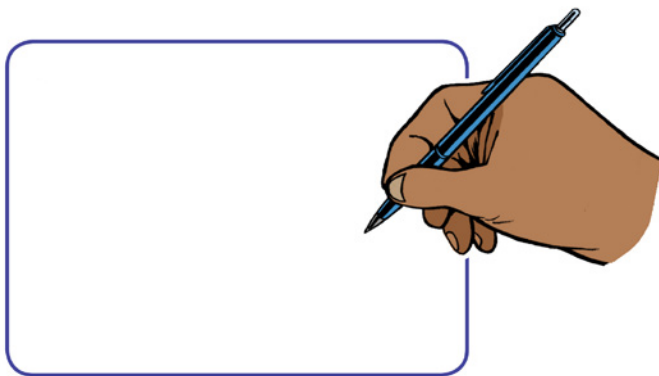


About this journal



This journal is for you to keep.

It will help you to think about your everyday mental health and what you can do to help.



There are white boxes for you to write about yourself and any thoughts or questions you may have.



There are two posters which you can look at to help you fill in this journal.

They are in your pack. You can also download them from www.skillsforcare.org.uk/improvingmentalhealth



You could talk about what you've written in the journal with the people who support you, or you can keep it private.

Note to staff, advocates and carers



The aim of this journal is to support people with a learning disability to think about their everyday mental health.



The journal has been designed using an easy read format so that it is more accessible for people with a learning disability.



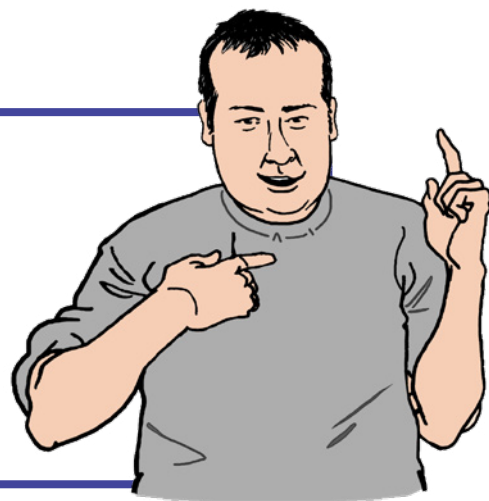
Some people might need help to read the journal and fill it in.



The journal should be part of a range of support for people with a learning disability.

About me

This pack belongs to



What I like



What I dislike



Who can support me?

We all need people around us that we can talk to about our mental health. There are lots of people who can help:



What this journal is about



Everyone has mental health, including people with a learning disability.



There are lots of different things that make us feel worried, which can impact our mental health.



People with a learning disability can be more likely to experience poor mental health than people who don't have a learning disability.



One of the reasons for this might be because they feel like they don't have anyone to talk to about their mental health, or can't access the right support.

How can we feel that our feelings count and be heard?



Talk to someone



Go to counselling



Let our feelings out



Express ourselves

Do you feel like your feelings count?

Write down or draw the things that make you feel that your feelings do **not** count

Write down or draw the things that make you feel that your feelings count

Are there any other ways that the people who support you can help you to feel like your feelings count?

How can we feel in control?



Do our own shopping



Have a relationship



Choose what clothes to wear



Make plans

Do you feel in control?

Write down or draw the things that make you feel that you are **not** in control of your own life

Write down or draw the things that make you feel in control of your own life

Are there any other ways that the people who support you can help you to feel in control of your life?

What good relationships can we have?



Family relationship



Sexual relationship



Care staff relationship



Work relationship

Do you have good relationships?

Write down or draw how you can be supported to develop and have good relationships

Are there any other ways that the people who support you can help you to develop and have good relationships?

Write down or draw if you have any bad relationships
in your life

How to stay safe?



Do you feel safe?

Write down or draw the things that make you feel unsafe and vulnerable

Write down or draw the things that make you feel safe and empowered

Are there any other ways that the people who support you can help you to feel safe and empowered?

How can we stay healthy?



Walk the
dog



Exercise



Eat healthy
meals



Take your
medicine if
you need to

Do you feel healthy?

Write down or draw the things that help you to look after your physical health

Write down or draw the things that make you feel unhealthy

Are there any other ways that the people who support you can help you to stay healthy?

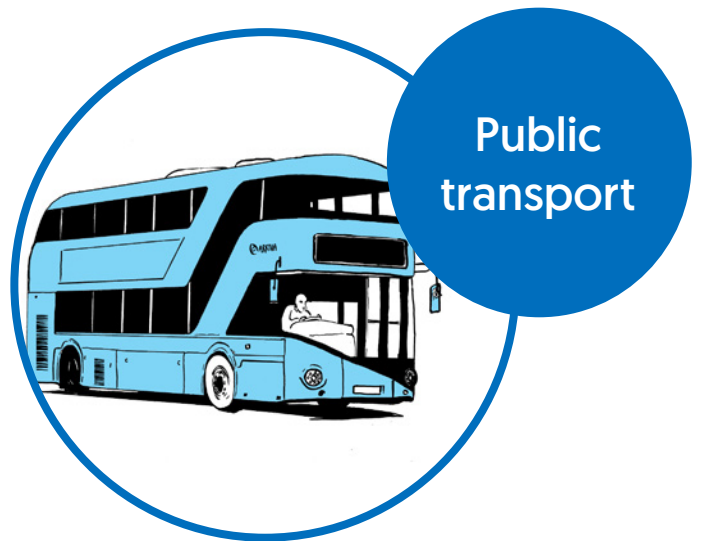
How can we have a good life and look after ourselves?



Write down or draw the things that you need to do, to look after yourself

Are there any other ways that the people who support you can help you to look after yourself?

What are the things that make us feel under pressure?



Write down or draw the things that make you feel under pressure

Write down or draw the things that help you to cope under pressure

Are there any other ways that the people who support you can help you to cope under pressure?



Design and illustration ©CHANGE
www.changepeople.org