



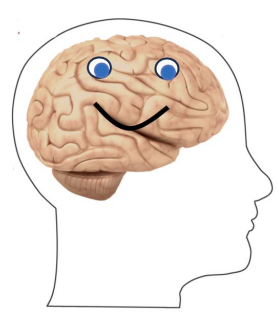
Top tips for mental wellbeing



Wellbeing means **feeling happy, healthy and comfortable.**



To be **happy and healthy**, it is **important for people to look after of their mental health.**



Mental health means having a **healthy brain.**



To have a **healthy brain and good mental wellbeing**, it is **important to do things** that **help** you **feel calm, happy and relaxed.**



In **this Easy Read**, you can **learn** all **about** some of the **Include Champions' tips** to have a **good mental wellbeing!**

The **Include Champions'** top tips to help you **feel calm and relax:**



Meditating helps people **feel calm.** To meditate, you only **need** to **focus on your breath.**



There is a **free app, called 'headspace'** that can **help you** to **meditate.**



To **keep feeling calm,** it is **important** to **understand** what **things upset you** and **prepare** for them.



For example, when people find loud, **busy places stressful,** they can **bring headphones** to **help** them **feel calm.**



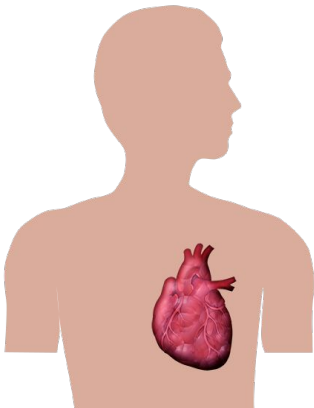
Writing about **how** you **feel** is also a **great way** to **calm** your **thoughts**. Some **people** like to **write** about their **day** or just **about something** that **upsets** them.



Stroking a **pet** is **another** great **way** to **help** people **feel** **calm**.



Pets are **really** **fun** to **play** **with** and **help** **people's** **body** and **mind** to **relax**. The **mind** and **body** are very closely linked.



Some **studies** **say** that **stroking** a **pet** can even **help** **people's** **heart** to **slow** **down!**

The **mind** and **body** are very closely **linked**, so **when** we **feel** **better** in our **minds**, there are **physical** **changes** in our **body**.

Hobbies are really good for your mental health:



To have a healthy mind, it is also **important** to **relax**. This means to **have fun** and **do things** you **enjoy**.



People stop worrying about things **when** they are **having fun** or **doing something** they **enjoy**.

Here are some ideas of things you can do:



Cooking or **baking something** from scratch can help people relax.



Building lego models can **help** you **clear** your **mind**.



Lots of people find arts and **crafts** really fun and calming.



You could learn to play a **musical instrument** like the **guitar, piano, recorder...** There are many options to choose from!

Singing is great for people's mental health!



Singing is really **good** for **people's brains**.
People need to breath in and out when they sing.



Breathing in and out helps people to **calm down** their **body** and **mind**.



Some people like to **sing** in the **shower**.



Others enjoy **singing** with **other people** in a **choir** like **The Include Choir**.



To join the Include Choir online or in person, you can **email** info@include.org



We **think** that it is **important** that **everyone knows** about the things that help improve people's wellbeing.

What do you think? What helps you to feel calm and relaxed?



We'd love to hear **your ideas** about this **Easy Read** - or any **ideas** for **topics** we should cover.



Just **email** info@include.org or **connect** on **social media** to **get in touch!**

 @include.org

 @includetweets

 @includetube

 @include_org

 @include-org

 www.include.org