



An LGBTQI+ inclusion project with people who are autistic and/or have a learning disability.

# Wellbeing work booklet

# Introduction



Lots of different people can have poor mental health. This booklet has worksheets to help you think about your mental health and wellbeing.



This booklet can be done alongside the Outspoken Identity booklet. You can find more information about the Outspoken project on our website.



You can do this booklet by yourself or ask someone that supports you to help.

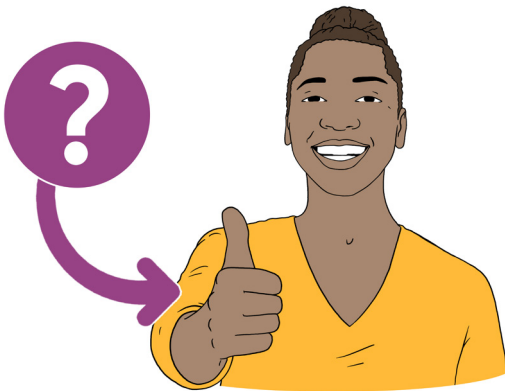


You can download more worksheets from our website, so you can try them again.

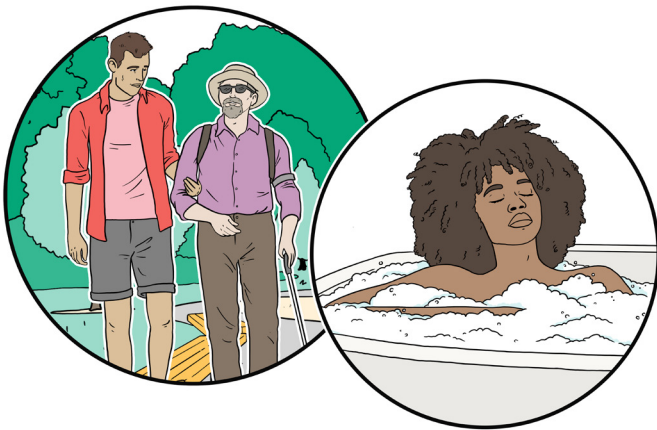
# Self care planner



This worksheet is a **self care** planner. You can write down or draw what you like to do for self care.



**Self care** is something we can do to look after ourselves and to make us feel calmer or happier.



It can be doing things like going for a walk, cleaning your space or having a bubble bath.



You can use this planner to decide what activities you want to do each day to help you feel calmer or happier.

Fill me in!

Monday

Tuesday

Wednesday

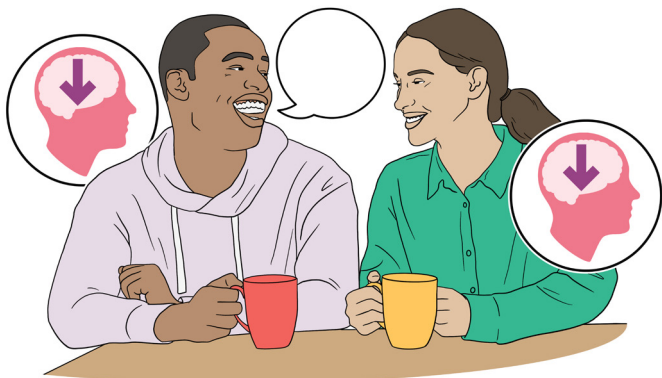
Thursday

Friday

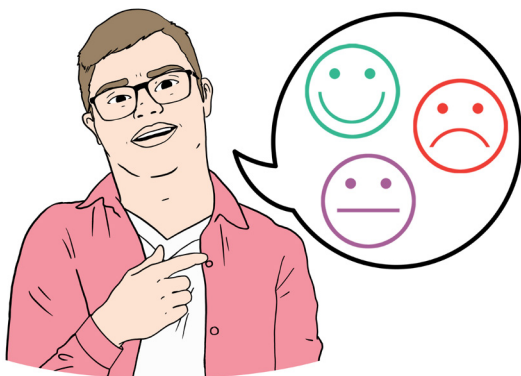
Saturday

Sunday

# Peer support



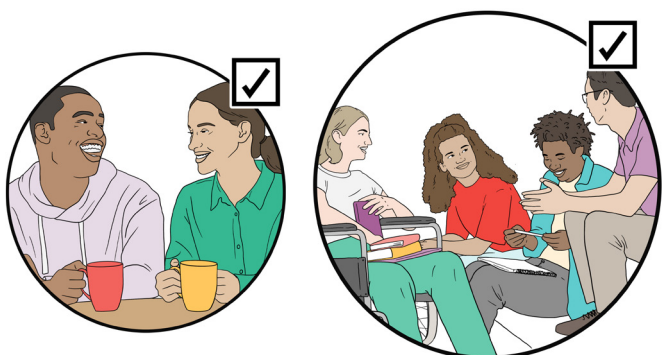
People with shared experiences can support each other, this is called **peer support**.



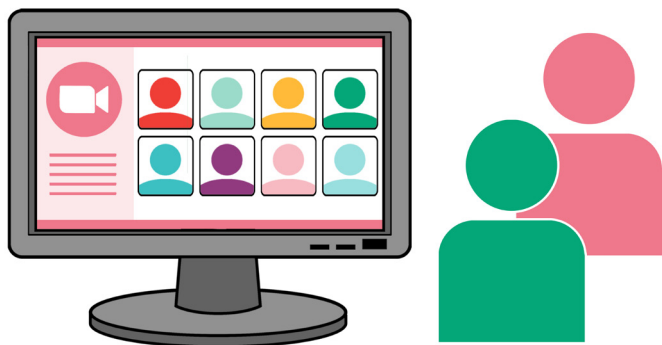
This can help you with your wellbeing. It lets you talk about your problems and feelings with people who understand.



People share stories and help each other. It can be about things like mental health, disability or other personal experiences.



There are lots of different types of peer support. It can be 1 on 1 or in a small group.



They can be online or in person.

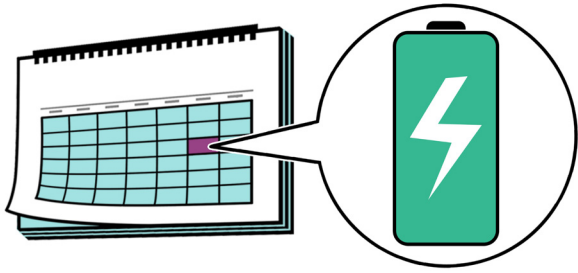


You can find peer support groups near you by searching online. You can type your area and peer support in to google.

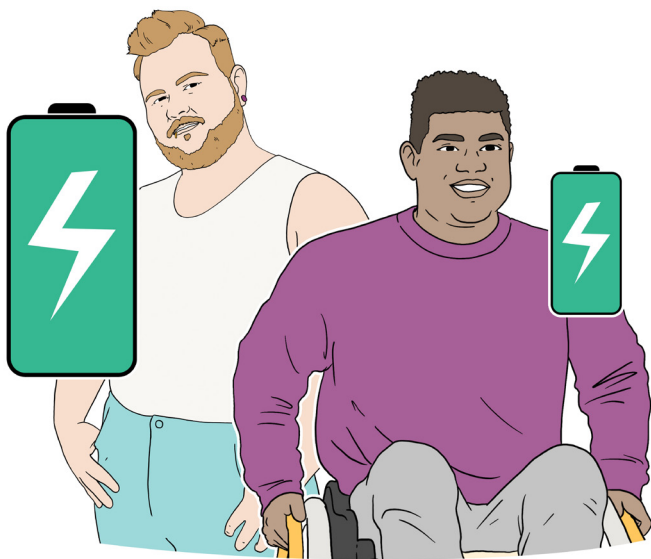


You can also ask someone who supports you to help you find a peer support group.

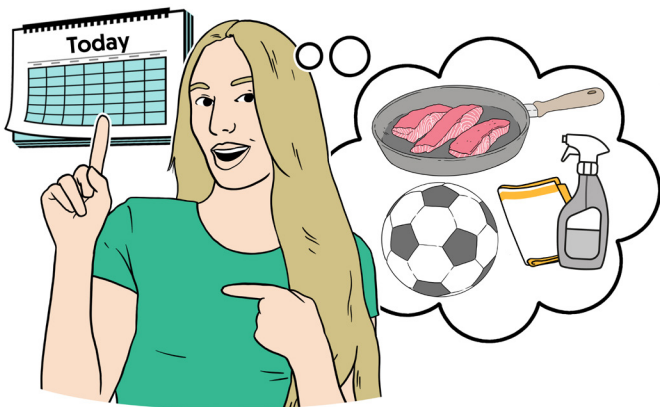
# My energy



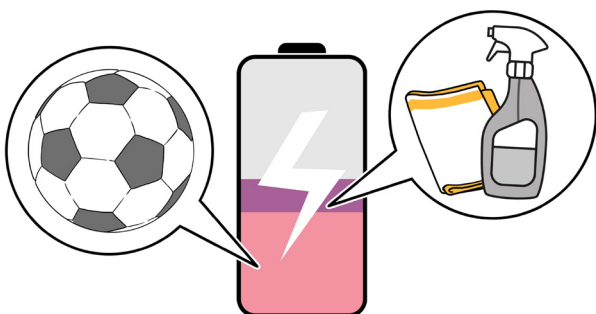
Everyone starts their day with energy. In this activity we want you to think about your energy in a day as a full battery.



Some people have more energy than others depending on how they have slept or if they have a disability. Everyone's energy levels are different.



For this worksheet we want you to think about you and what you do in a day.



Each thing you have do will have use some of your energy. Some activities take more energy up than others.

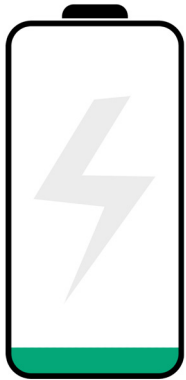


Write down things you do in a day. This could be things like getting out of bed, getting washed, or seeing a friend.





What activities do you think use a lot of your energy?



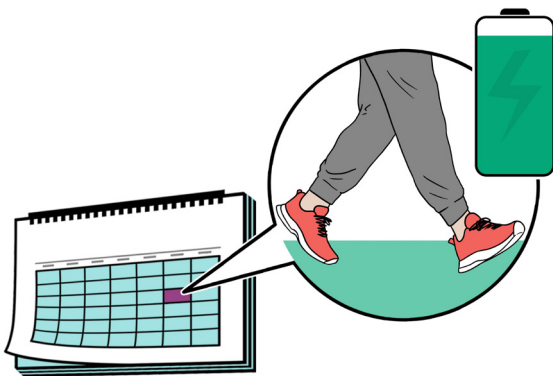
What activities do you think use a small amount of your energy?



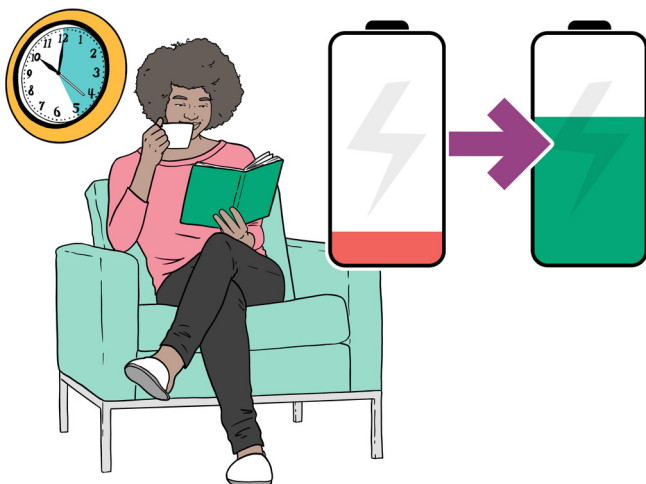
When you are feeling low on energy think about how much energy is left in your battery. This can help you to decide if you have the energy to do anything else or not.



Sometimes you can not do everything you want to because you feel too tired.



But you may have enough energy another day.



It is important to take time and rest to recover from activities that use a lot of energy.



Use this space to write or draw things that help you feel rested. This could be things like having a cup of tea, listening to music, or playing a video game.

**The information and activities in these booklets were made by focus groups made up of autistic people and people with a learning disability who are also LGBTQI+.**



**CHANGE**

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[www.changepeople.org](http://www.changepeople.org)