

Easy Read

Wellbeing toolkit

A leaflet about help and support if you are feeling stressed or anxious



This leaflet was written by **Engage to Change**. It is an easy read version of '**Mindfulness and wellbeing toolkit leaflet**' by **Elite Supported Employment**.

September 2020

About us



This leaflet is for young people who are being supported by **Elite Supported Employment** as part of the **Engage to Change** project.

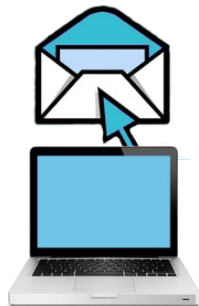
Engage to Change is a project supporting young people with a learning disability or autism in Wales get the skills they need to find paid work.



The project is paid for by the National Lottery Community Fund and Welsh Government.



The team at Elite Supported Employment are here to help you. You can contact the team for help and support.



Phone: **01443 226664**

Email: information@elitesea.co.uk

Website: www.elitesea.co.uk

Address: 8 Magden Park
Llantrisant
Rhondda Cynon Taf
CF72 8XT

How can we help you?



We can give you help and support with your feelings.

We can help you to understand your feelings.



We can teach you ways to help you feel better when you are stressed or anxious.



We can help you write a plan for what to do you when you feel stressed or anxious.

What is mindfulness?

Mindfulness can help when you are feeling stressed or anxious.



It is a way of helping you to think about what it is happening around you right now.



We can help you learn how to use mindfulness.

You can try doing mindfulness yourself:



- Pick 1 or 2 activities that you do most days. Like eating your breakfast or walking to the bus stop.
- Each time you do these activities, think carefully about what you are doing.
- Try to **only** think about what you are doing and nothing else.
- Do not worry if you start to think about other things.
- Just try again to think **only** about what you are doing.

Breathing

Thinking about your breathing is an important part of mindfulness.



If you are feeling stressed or anxious, try taking 3 or 4 slow breaths.



Try to **only** think about your breathing.

This can help you feel calm again.



Touch

Thinking about how things feel can also help.

If you are stressed or anxious, try sitting down and thinking about how the chair feels under you:

- Is it hard or soft?
- Is it cold or warm?
- Is it rough or smooth?



Try putting your hands on something hard like a table or desk. Think about how the table or desk feels under your hands.



You could also try carrying a small stone with you in your pocket or bag.



When you are stressed or anxious you can touch the stone and think about how it feels in your hands.



How can I get help and support with my feelings?

If you are feeling stressed or anxious you can contact Elite Supported Employment for help and support.



You can phone Elite on **01443 226664**.



Or you can send us an email:

information@elitesea.co.uk.



How can I find out more about the Engage to Change project?

You can find out more about Engage to Change on the project's website:

www.engagetochange.org.uk.



You can phone Engage to Change on **029 20681160**.



Or you can send us an email:

engagetochange@ldw.org.uk.