



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Emotional well-being



Top 10 tips for well-being

Easy Read

A Down's Syndrome Association publication

Top ten tips for well-being

1



Eating and drinking things that are good for you.

2



Having time to relax.

3



Talking about your feelings.

4



Spending time with people you get on with.

5



Getting enough sleep.

Top ten tips for well-being

6



Asking for help when you need it.

7



Remembering your good points.

8



Doing something you enjoy every day.

9



Having places where you feel comfortable and belong.

10



Caring for other people and pets.

How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday
from 10am until 4pm.



You can also email us at
info@downs-syndrome.org.uk

You can write to us too.

Our address is:



Langdon Down Centre
2a Langdon Park
Teddington
Middlesex
TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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www.dsactive.org



www.langdondownmuseum.org.uk



www.langdondowncentre.org.uk

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