

Ideas to help you have better wellbeing

Wellbeing means feeling good in your body and mind. Wellbeing is important for a good life.

This activity book explains how you can choose to do things that make your wellbeing better.

The activity book says that you can:

- stop and be aware of what is around you
- be active
- connect with people around you
- do kind things for other people
- keep learning and try new things.

The activity book has ideas you can try. It asks questions to help you think about your experiences.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

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