

# Love your health

## Steps towards better mental health and well-being



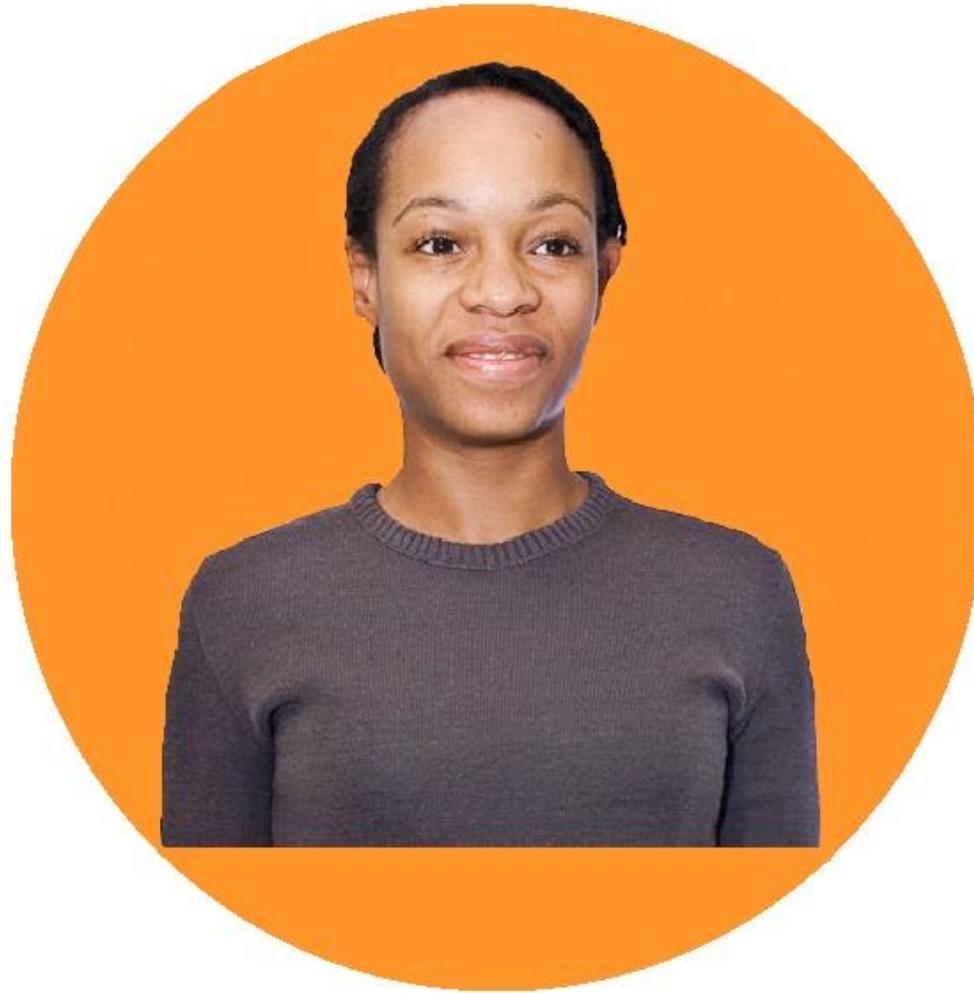
#loveyourhealthldw



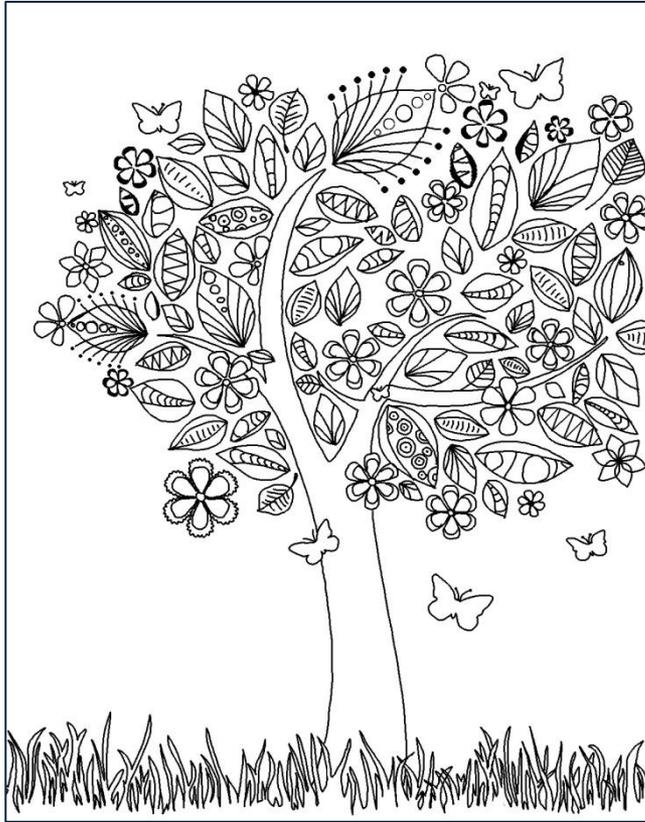
Learning Disability Wales  
Anabledd Dysgu Cymru



Who are Support Plus ?



## Mindful breathing



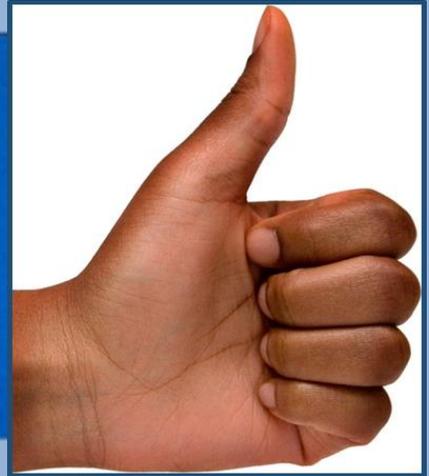
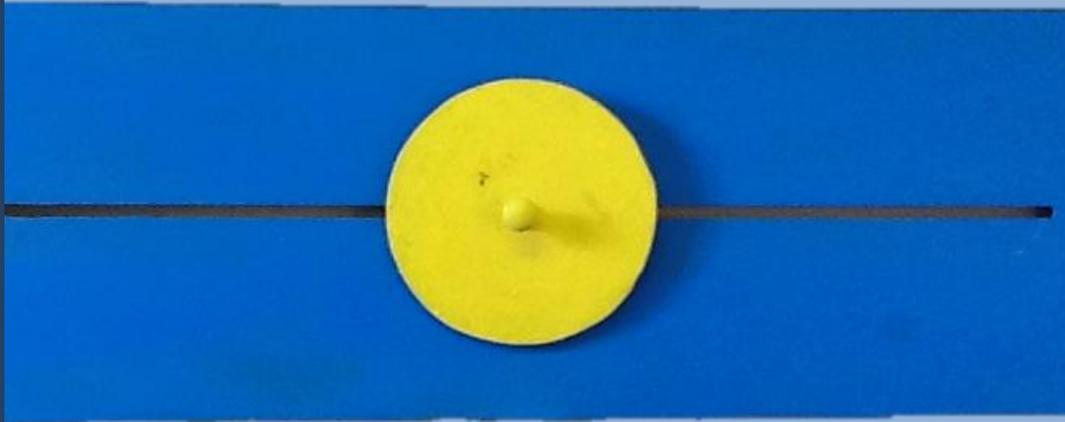
## Breakaway table



## Steps to Wellbeing



## Sandra's Story



Doing what is important to you



Learning new things is important to Sandra

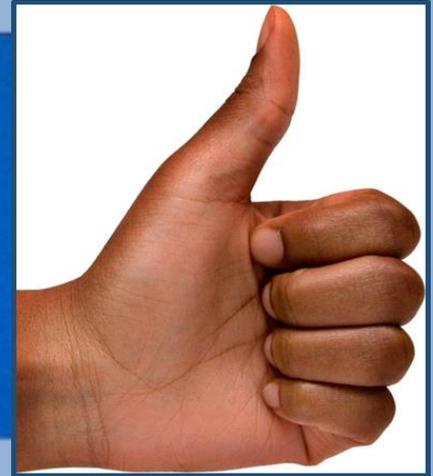
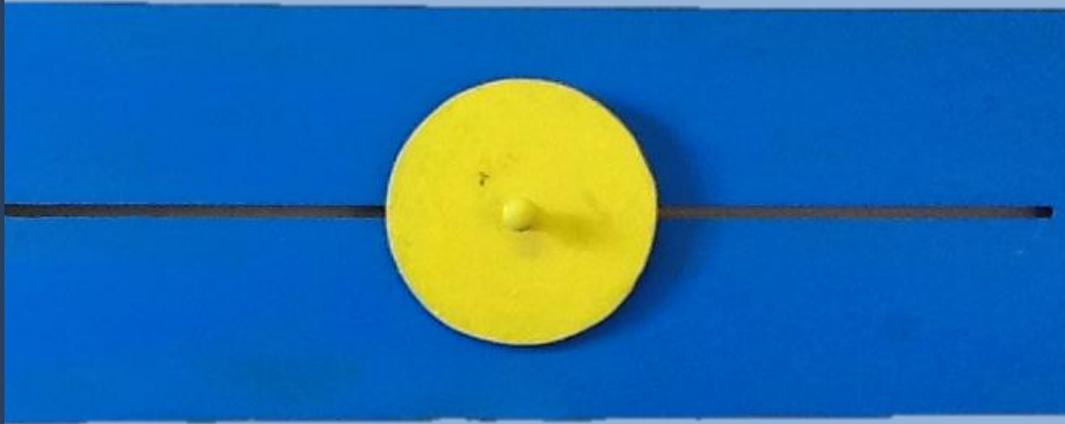
A woman with dark hair pulled back, wearing a red t-shirt, is looking slightly to her right with a thoughtful expression. She has her right hand raised with her index finger pointing up. Three thought bubbles are positioned around her head, each containing a different thought. The top-left bubble says "I've wanted to do that for ages", the top-right bubble says "It will be fun", and the bottom-left bubble says "I can do it".

I've wanted to  
do that for ages

It will be fun

I can do it

Thoughts that help Sandra



What stops you doing what is important to you?



Difficult thoughts that might stop Sandra

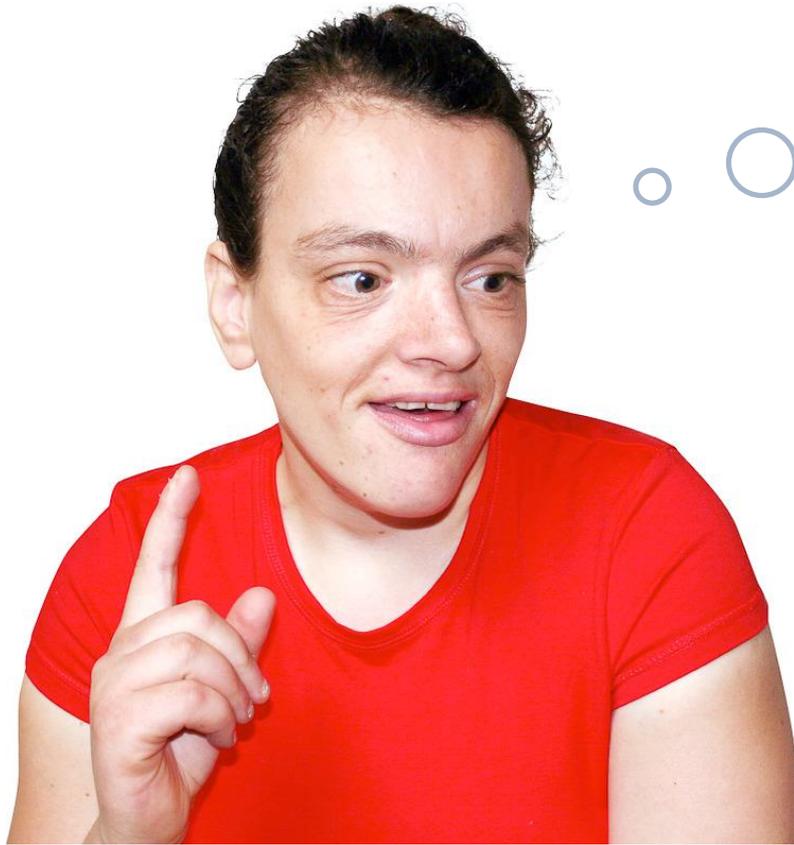
Anxious

Sad

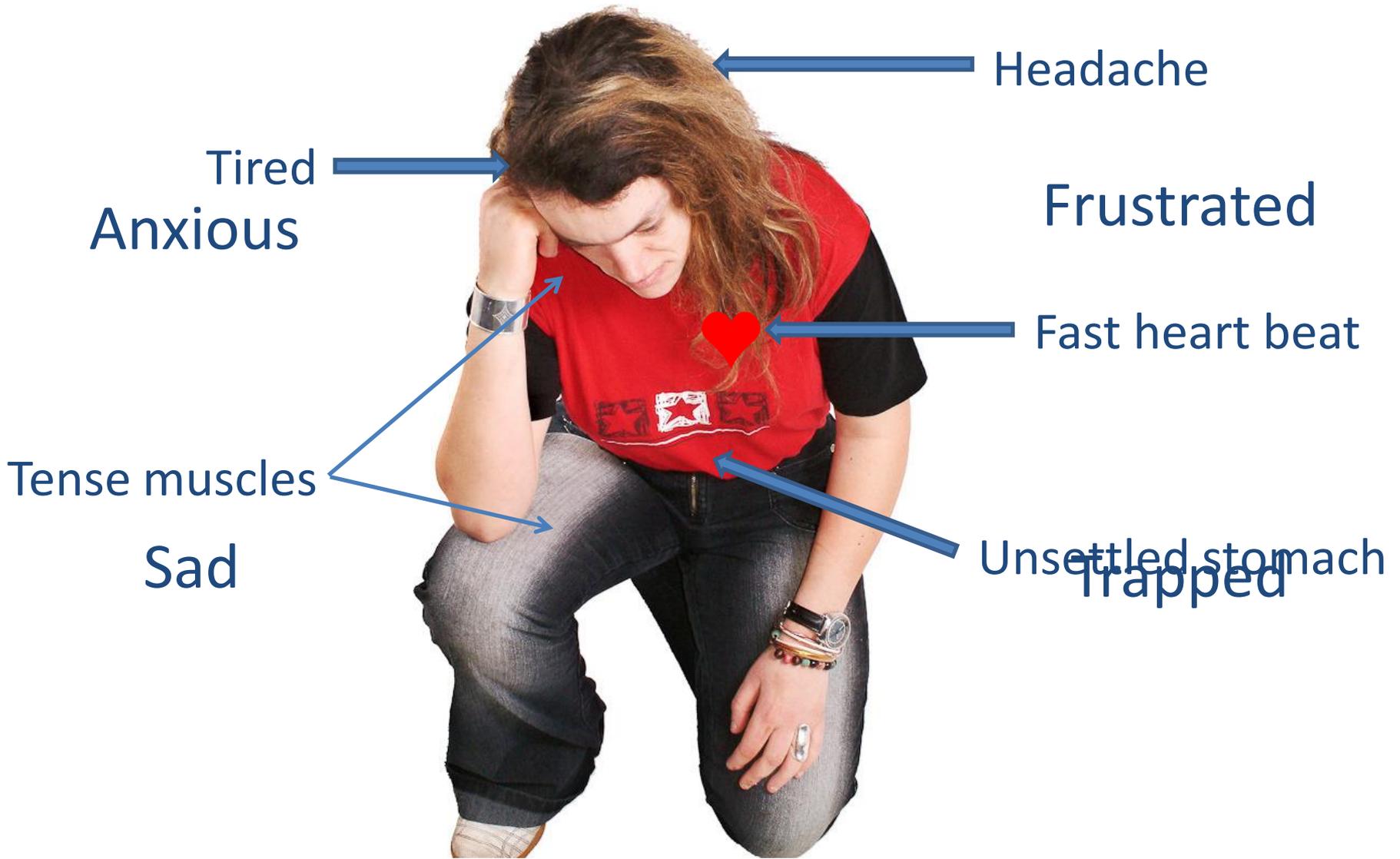
Angry



How does this make Sandra feel ?



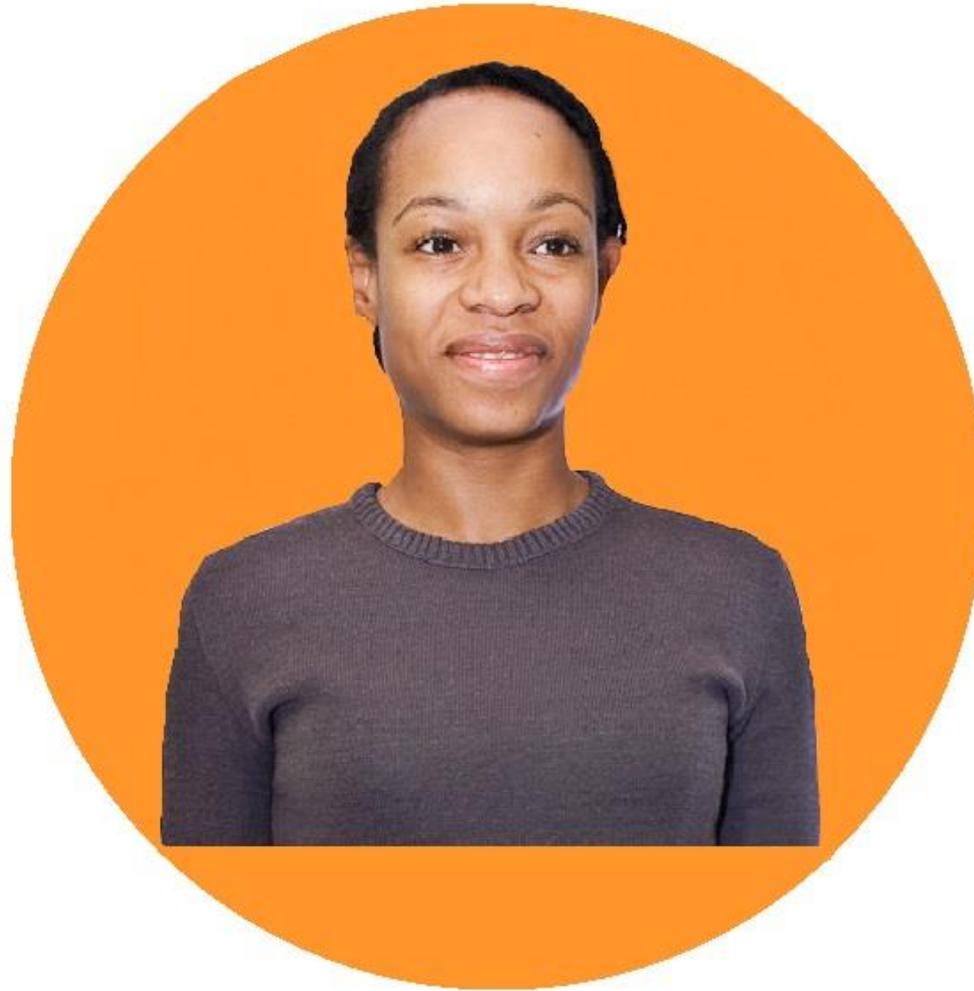
How can Sandra notice these feelings and still go to the class?



How do negative thoughts make Sandra feel ?



What happens when we avoid our thoughts?



Distraction from our thoughts





Noticing our thoughts



Tense  
muscles

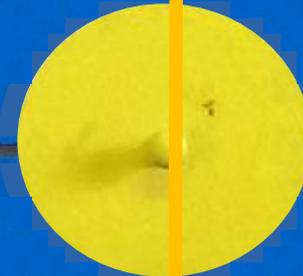
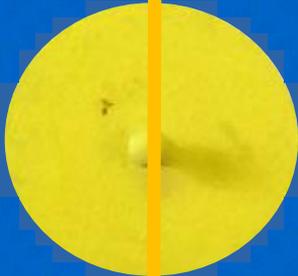


Anxious

How can we sing her thoughts help and pa ?



How can Sandra manage her unhelpful thoughts ?



Take small steps

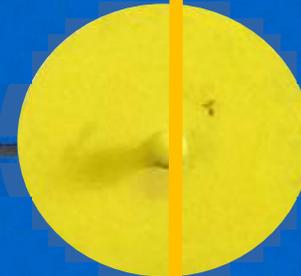
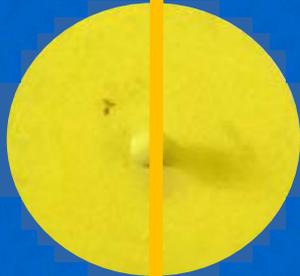


Sandra's Decision





Choices Sandra can make after her 1st class

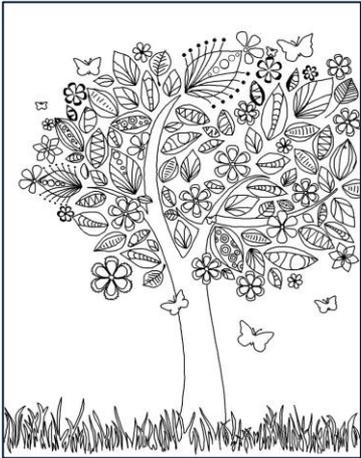


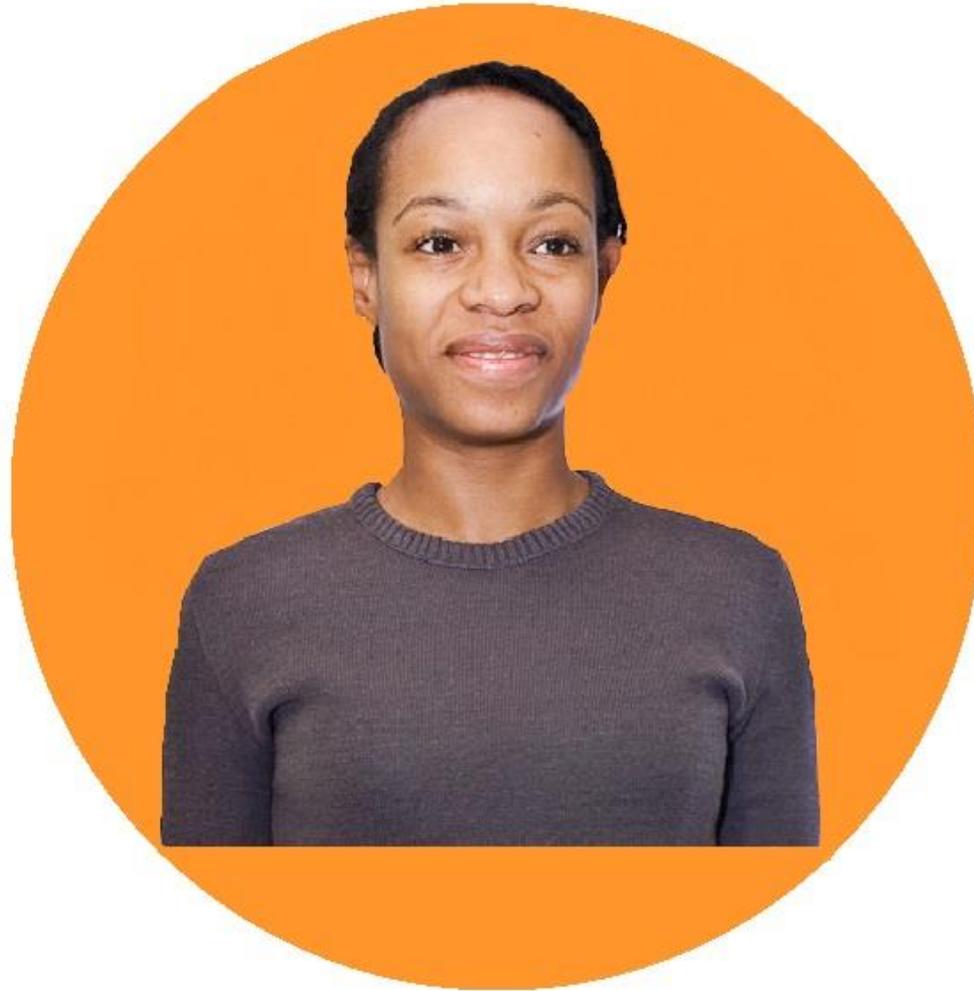
Sandra takes small steps



## Reflection and Discussion

# Evaluation





## Mindful Stretching



# Thank you

 #ABUHBSupportPlus

[www.wales.nhs.uk/supportplus](http://www.wales.nhs.uk/supportplus)