

## 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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