

Caring for yourself

About Easy Read

Easier words with pictures to help explain some ideas.

A guide to caring for yourself

A drawing of a woman with objects like a glass of water, bicycle and fruit.

This guide is about caring for yourself.

It talks about why it is important to care for yourself

Learning how to care for yourself can help you feel good.

It can help your mental health.

This guide talks about why it can be hard to care for yourself.

It shares ideas about things you can do to care for yourself.

This guide is on a website called Neve.

Neve was written by Women With Disabilities Australia.

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Learning how to care for yourself can help you feel healthy and happy. It can help you recover after hard experiences and improve your mental health.

The guide says that it can be hard to start caring for yourself but it is an important thing to do.

The guide shares ideas about things you can do like:

- spend 5 minutes each day doing something you enjoy
- try a hobby, like reading or doing a puzzle
- pay for something that makes you feel good, like a haircut
- rest when you feel tired.

You can read the guide in Easy Read or Plain English.

[Caring for yourself: Plain English \(neve-plainenglish.wwda.org.au\)](http://neve-plainenglish.wwda.org.au)

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- 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

Women With Disabilities Australia

Women With Disabilities Australia (WWDA) is the national Disabled People's Organisation (DPO) and National Women's Alliance (NWA) for women, girls, and

gender

Gender is how a person feels about being a boy, a girl, both, or neither. It can be different from the sex they were given at birth.

-diverse people with disabilities in Australia.

- [Visit](#)