

Workbooks to help you live a happier life and have better mental health

These workbooks can help you get the skills you need to live a happier life. The workbooks are written in Easy Read and plain English.

There are 5 workbooks. It is a good idea to do the workbooks in order.

The workbooks are about:

1. Healthy habits, things you can do every day that help you feel good.
2. Emotions, which means the way you feel.
3. Self talk, which means the way you talk to yourself in your head.
4. Thinking first when you feel big emotions, so that you stay in control of what you do.
5. Feeling happy.

The workbooks have advice and activities for you to try that practise skills for building a strong mind. You could read the books and practise the skills with a family member, friend or support person.

You can download the workbooks for free. But you have to fill in a form to get the workbooks. The form asks for your name and email address. It is your choice whether you want to share this information.

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

South Australian Council on Intellectual Disability (SACID)

SACID is the South Australian representative of Inclusion Australia. The team at SACID speak up about issues that are important to people with intellectual disability and their families in South Australia on a national level.

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