



Staying Healthy

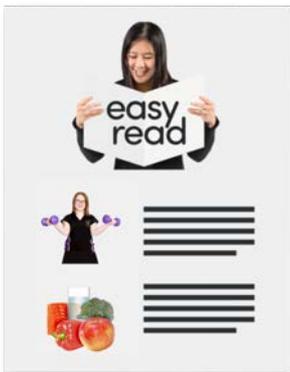
"What matters most is your health and you have to look after it. We all need to look after ourselves and take care of ourselves."

Michael, Chairperson of DSAN

This tip sheet is about staying healthy.

It will tell you about:

- ways to stay physically healthy
- ways to stay mentally healthy
- where you can find more information
- who you can ask to help you.



This tip sheet was written by the Down Syndrome Advisory Network.



Down Syndrome
Australia

The Down Syndrome Advisory Network is made up of people with Down syndrome from across Australia who provide advice to Down Syndrome Australia.



The Network wrote these tips to help people with Down syndrome to stay physically and mentally well and happy during tough times.

Tips for staying physically well



Try to eat healthy foods from these food groups every day.



Make sure you get enough fruits and vegetables.



Remember to drink lots of water.



Stay active – it is good to keep moving.

You can do lots of different things to stay active.

You could dance, go for walks or Zoom fitness classes.



Make sure to take any medication that your doctor has prescribed.



You can learn how to make healthy food that you like.

If you need help to follow recipes, ask someone to help you.



You can keep healthy foods in the house (like fruits and vegetables).

Ask friends and family what they like and try new things.



If you are not feeling well make an appointment to see your doctor.

Tips for staying mentally well



Stay in touch with your friends and family.

Take time each day to do a hobby you enjoy.



Talk to someone you trust about how you are feeling.



Let other people know if you are having a hard time and ask for help if you need it.



Keep up with your activities and hobbies you enjoy.



Get a good night's sleep.



Learn how to meditate or other ways to relax.

Ask for help if you need to find apps or music you like to listen to.



Talk to your doctor if you are not feeling yourself.

More information about staying physically well:

Health Direct

<https://www.healthdirect.gov.au/balanced-diet>

Phone Number: 1800 022 222

Down Syndrome Australia

<https://www.downsyndrome.org.au/resources/coronavirus-information/mental-health-and-wellness/>

Phone Number: 1300 881935

More information about staying mentally well:

Down Syndrome Australia

<https://www.downsyndrome.org.au/wp-content/uploads/2020/02/DSAMentalhealthresourceweb.pdf>

Phone Number: 1300 881 935

Sane Australia

<https://www.sane.org/spotlight-on/mental-health-basics>

Phone Number: 1800 18 7263

Black Dog Institute

<https://www.blackdoginstitute.org.au/>

Phone Number: 13 11 14

Headspace

<https://headspace.org.au/>

Phone Number: 13 11 14

Beyond Blue

<https://www.beyondblue.org.au/>

Phone Number: 1300 22 4636