



Liberty Disability Services
People. Options. Power

**Things we can
do to care for
our mental
health—
tailored for
people living
with disability.**

Looking after your
mental health is
important for everyone!

However, as a disability
service provider we
must acknowledge that
parts of society remain
vastly inaccessible for
people living with
disability (PWD), which
can contribute to
mental health
challenges.

Social isolation, fewer employment opportunities, false stereotypes and stigmas, are just some of the additional barriers faced by PWD.

Because of these barriers, PWD often have to put more energy and effort into navigating the stresses of daily life, which over time can really impact a person's mental health.

At Liberty Disability Services, our psychology team works alongside PWD every day.

We see the small, practical things that can make a big difference in improving mental health and wellbeing.

Caring for your mental health can include simple, consistent habits that help you feel more in control, more supported, and more like your true self.

Disability or not,
these are things we
can all do every day
to help support our
mental health, and
navigate this great
big world we live in.

Here are some
easy, realistic tips
you can start using
in your daily life.

1. Start your day with something predictable

Having a routine can be very beneficial for calming your mind.

When you wake up and know what to expect, it can help reduce stress and anxiety for the day ahead.

This might be as simple as:

- Having an alarm set for the same time each day
- Having a morning tea or coffee in bed
- Listening to music you enjoy
- Doing a short stretch or some form of movement

Routines can also support energy levels, sensory regulation, and emotional wellbeing.

You don't need a strict schedule, just a few consistent habits to help keep you grounded.

2. Listen to your body's energy

Everyone has different energy levels. Some days you might feel motivated, and other days you might feel exhausted, and that's okay.

The important thing is to listen to your body, and look after it in a way that's safe, and feels good for **you.**

Low energy?
Time to rest.

Overwhelmed?
Take a break.

Big day of plans
coming up?
Prepare early.

Need support?
Reach out!

Your mental health can improve when you listen to your body and give it what it needs.

Pushing too hard can cause burnout, especially for people who might already be using so much energy to navigate day-to-day life.

Remember, rest is productive!

3. Stay connected with people in ways that feel safe

Social connection
is super
important.

But it doesn't
have to look the
same for
everyone.

You might prefer:

- One-to-one catch ups instead of big groups
- Phone or video calls instead of in-person visits
- Online communities (such as Facebook groups) with shared experiences

If you receive support through the NDIS, your supports can help you build and maintain these connections in a way that feels comfortable.

Friendship and connection can truly support your mental health, even if it's just with one trusted person.

4. Practice grounding throughout the day

Grounding techniques can help when you feel overwhelmed, anxious, or overstimulated.

Some simple practices include:

- Pausing to take some deep breaths
- Holding onto a comforting object
- Noticing five things you can see, hear, or feel
- Going outside for fresh air

These strategies
are especially
helpful for people
with sensory
sensitivities or
anxiety.

They can bring you
back to the
present moment
and help you feel
calmer.

5. Celebrate ALL your achievements (big or small)

Although there's been improvement, much of the world is *still* inaccessible for PWD.

This can make everyday tasks just that little bit harder, because of the extra effort and energy it takes to achieve these everyday things.

That's why it's so important to recognise and celebrate everything you *do* achieve.

This might be:

- Getting out of bed on a hard day
- Attending an appointment
- Preparing a meal
- Asking for support

Your progress
matters, no matter
how small it seems.

Acknowledging
these wins can
boost confidence
and improve your
overall mental
health.

6. Seek extra support

Sometimes, caring for your mental health can become difficult to do on your own.

Having extra support from a trained practitioner (such as a psychologist) can be **incredibly** beneficial for looking after your mental wellbeing and supporting you to move forward.

A psychologist can help you:

- Understand your feelings
- Manage anxiety, stress, or low mood
- Learn coping strategies
- Rebuild confidence and independence
- Work through tough times

Whether you want to unpack something you've experienced, or need support navigating daily life, a psychologist can offer you guidance and direction.

Liberty's psychology team takes the time to understand you as a unique individual with unique goals and needs.

We strongly believe mental health support should be personalised, respectful, and empowering.

If you are looking for a trusted psychologist, contact us for a chat.

7. Make time for things you enjoy

Joy is an important part of mental health.

Even small moments of enjoyment can improve your mood and help reduce stress.

Think about what you enjoy:

- Listening to music
- Doing something creative, such as drawing or painting
- Watching your favourite movie
- Spending time with animals
- Being outside in nature

Taking the time to do something that makes you feel happy is so important!

Even setting aside 15 mins to do something you love can help refill your cup.

8. Communicate in a way that suits you best

Sometimes it can be hard to voice how you're feeling, and that's okay.

There are different ways we can communicate and express what's happening in our minds.

You can:

- Write things down
- Pre-record a video/voice note
- Use visuals or communication aids
- Ask someone you trust to help you explain

Communication doesn't always have to be spoken words.

You can communicate in whatever way is easiest for you. Doing so can help others better understand your needs and provide more meaningful support.

Plus, it can potentially reduce frustration and allow you to feel heard.

9. Break things down into small steps

Life can be
overwhelming!

Everyday tasks can
sometimes feel too
big or complicated,
especially if you're
running low on
energy.

That's why it's
important to
break things
down into small,
simple steps, and
focus on one
thing at a time.

For example, instead of
“I need to clean the
whole house”

Choose **one** room to
clean.

Once you've cleaned
that **one** room, check in
to see how you're
feeling.

Take a break if needed,
and then go to the next
room.

Or, if you're not feeling up to it - celebrate the fact that you cleaned one room, and then allow your body to rest.

Small steps lead to big progress over time.

10. Most importantly, be kind to yourself

Living in a world that doesn't always cater for disability can come with challenges that able-bodied people might not fully understand.

One of the best
ways to care for
your mental
health is to treat
yourself with
kindness and
compassion.

Remind yourself:

- It's okay to have hard days
- Rest is productive
- You are enough, exactly as you are
- You deserve happiness

Self-kindness is one of the most powerful tools for mental health support.

When you believe in yourself, value who you are, and treat yourself with compassion, you're practising the purest form of care there is.

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How Liberty can support you

At Liberty Disability Services, we are passionate about supporting people to live full, meaningful lives.

Our psychology team wholeheartedly embraces all walks of life, and provides tailored support specific to each individual's unique needs.

Our goal is to support you in building confidence, developing coping strategies, and feeling supported in your NDIS journey.

We work alongside you to:

- Understand your goals
- Create personalised support plans
- Provide consistent, compassionate care

You are at the centre of everything we do.

Overall,

Caring for your mental health doesn't have to be complicated.

Small, consistent habits can make a BIG difference over time.

Whether it's creating a routine, connecting with others, or accessing the right psychology support, every step you take matters.

Looking for a
mental health
support team that
truly understands
disability and
diversity?

Liberty Disability
Services is here to
work with you, for
you.

Contact us for a chat.

Call (03) 52 75 86 27

Or email

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