



Liberty Disability Services
People. Options. Power

Looking after your mental health:

Tips for people living with disability



Easy read document

Everyone must look after their mental health.

Sometimes, it can be hard for people with disability (PWD) to look after their mental health.

This is because some things or places don't support their needs.

Because of this, PWD might use more energy to do everyday things.

Over time, this can become hard and make PWD feel low.

The good news is that looking after your mental health doesn't have to be hard.

Small habits can help you feel:

- More calm
- Better supported
- More in control

At Liberty Disability Services, our psychology team works with PWD everyday.

We see how small things can make a big difference to mental health.

Here are some simple tips you can try:

1. Do the same thing each morning

Having a routine can help you feel calm and prepared for the day.

This could be:

- Waking up at the same time each day
- Enjoying a morning tea or coffee
- Listening to your favourite music
- Doing some gentle movement

Your routine doesn't have to be strict.

Just a few regular habits can help you feel more grounded.

2. Listen to your body

Your body will tell you what it needs.

Some days you might have lots of energy. Other days you might feel tired. Both are okay.

Try to:

- Rest when you're tired
- Take a break when you're stressed
- Prepare for busy days
- Ask for help when you need it

Listening to your body is important. Giving it what it needs can support your mental wellbeing.

Don't forget, rest is helpful.

3. Connect with friends

Connecting with others is important. But you don't have to go out and see lots of people. This can be stressful.

It's okay to connect with people in other ways.

You might prefer:

- Catching up with just one person
- Phone or video calls
- Online groups

Your support team can help you build these connections.

Even one trusted person can make a big difference.

4. Do grounding strategies

Grounding strategies can help when you feel anxious or stressed.

Some strategies include:

- Taking slow, deep breaths
- Holding a comforting item (such as a fluffy toy)
- Naming things you can see, hear, or feel
- Going outside for fresh air

These small strategies can help you feel calm and relaxed.

5. Celebrate your wins (big or small)

For PWD, everyday tasks might be harder because some things or places don't support their disability.

That's why it's important to celebrate every win, big or small.

This might be:

- Getting out of bed on a hard day
- Going to an appointment
- Cooking a meal
- Asking for support

Celebrating all your wins can help you feel more happy.

Every step matters.

6. Reach out for extra support

Sometimes we need extra support, and that's okay.

A psychologist can help you:

- Understand feelings
- Manage stress, anxiety or low mood
- Learn helpful coping skills
- Improve confidence
- Work through hard times

Everyone has different needs.

A psychologist should support you in a way that suits your individual needs.

At Liberty Disability Services, our psychologist takes the time to get to know you. They support you in a way that works for **you**.

7. Do things you enjoy

Hobbies can be great for your mental health. It's important to make time for things that make you happy.

This could be:

- Listening to music
- Drawing or painting
- Watching your favourite movie
- Spending time with pets
- Being outdoors in nature

Even 15 minutes doing something you enjoy can help you feel better.

8. Communicate in a way that works for you

Talking about your feelings can be hard.

But talking doesn't have to be spoken words.

You might prefer to:

- Write things down
- Record a voice note or video
- Use pictures or communication aids
- Ask someone you trust to help you explain

Communicating in a way that suits you can help others understand and support you better.

9. Take one step at a time

Life can be busy and stressfull.

When a task feels too big, try breaking it into smaller steps.

For example:

Instead of “I need to clean the whole house,”

Focus on “I will clean **one** room”

After cleaning the one room, see how you feel. You might feel ready to keep going, or you might need a break.

Either way, you’ve made progress. Small steps add up over time.

10. Be kind to yourself

The most important tip is to be kind to yourself.

Living in a world that isn't always accessible can be hard.

Remember:

- It's okay to have bad days
- Rest is important
- You are enough, just as you are
- You deserve happiness and support

Being kind to yourself can have an amazing impact on your mental health.

How Liberty Disability Services can help

We are passionate about helping people live full and happy lives.

Our psychology team provides support that respects your individual goals, strengths, and needs.

We work with you to:

- Understand your wants and needs
- Make support plans that work for you
- Build confidence and coping skills
- Provide caring, ongoing support

We work with you, for you.

Overall,

Looking after your mental health
doesn't have to be hard.

Small habits everyday can make a big
difference over time.

Whether it's:

- making a routine
- connecting with friends
- taking time to rest
- or getting professional support,

every step matters.

If you're looking for a psychologist that:

- Understands disability
- Respects different needs
- Works with you, for you

Liberty Disability Services is here to support you.

Call (03) 52 75 86 27

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