

What can I do to help myself?

Information for patients

**Easy
Read**



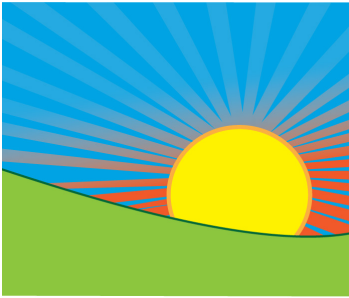
easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

morning



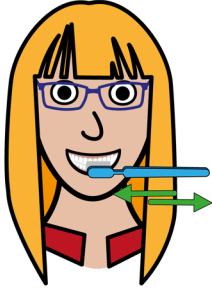
Wake up in the morning.

bath or shower



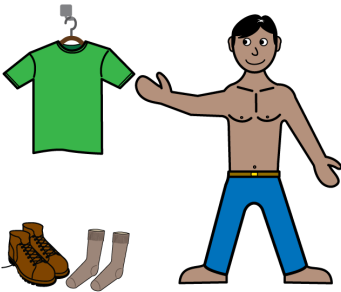
Have a bath or a shower.

Brush teeth



Brush your teeth.

dressing



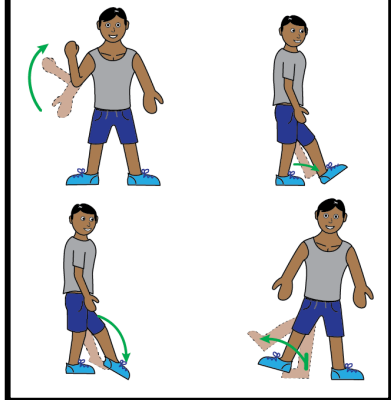
Get dressed.

healthy eating



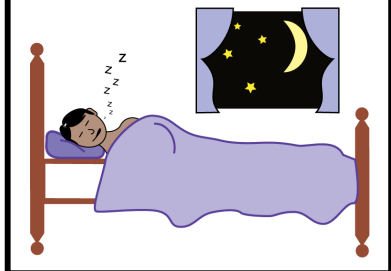
Eat a healthy diet.

exercise



Do the exercises you have been given.

night



Make sure you go to bed at a normal hour.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

