



# epilepsy

## how I feel



easy read



## This booklet is about



**Epilepsy  
and feelings**

page 4 – 6



**Medication  
and feelings**

page 7



**Being worried**

page 8 – 10



**Being sad**

page 11 – 13



**How you feel**

page 14 – 16

**Feeling better**

page 17 – 19

Some of this booklet is about how you feel.

You can use the stickers if you want to.

Put a  sticker by what is true for you.

You can put a  sticker on any  space.

## Epilepsy and seizures

Epilepsy means you have seizures.  
Seizures can be called fits or attacks.

What happens in your seizures?



I shake in a seizure.

☐

I feel strange in a seizure.

☐

I don't know.

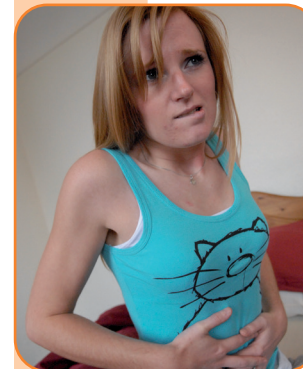
☐

I don't remember seizures.

☐

## Jo has a seizure

When you have a seizure  
do you feel like Jo?



Jo has a small seizure.

Jo has a strange feeling.

☐

Jo is scared.

☐

Jo has a big seizure.

Jo's body shakes.

Jo cannot feel the seizure.

☐

Jo wakes up.

Jo's body hurts.

Jo is sad and she cries.

☐☐

## Aran has a seizure

When you have a seizure  
do you feel like Aran?



Aran has a seizure.  
Aran is confused.

☐

Aran moves his hand.  
Aran looks blank and stares.  
Aran moves his mouth.



After the seizure  
Aran is angry.  
Aran wants to be alone.

☐☐

## Aran has new medication

Do you have medication?

☐

Aran has new medication.  
It is a syrup.



Aran feels sick.  
Aran feels sleepy.  
Aran has side effects  
from the medication.

☐

Aran's doctor says keep taking  
the medication for a few weeks.  
Aran may feel better soon.



Soon Aran feels better.  
Aran has fewer seizures.

☐☐

## About Jo



Jo meets her friends in a cafe.



A man shouts at Jo.  
The man calls Jo bad names.



Jo feels scared and cold.  
Jo's heart beats fast.  
Jo's hands shake.



Jo goes home.  
Jo cries.

## Jo is worried



Jo stops going to the cafe.  
Jo is worried about the man.  
Jo misses her friends.



Jo is awake all night.  
Jo is worried about lots of things.



Jo is tired in the morning.  
Jo's head hurts.



Jo has a big seizure.

## What helps Jo feel better?



Jo is worried and sad.  
Jo talks to her friend Karen.  
Jo feels better.



Jo and Karen go to the cafe.  
Jo feels better.



Jo is painting.  
Painting helps Jo relax.  
Jo feels better.



Jo watches a funny film.  
Laughing helps Jo relax.  
Jo feels better.

## About Aran



Aran loves football.  
Aran plays football with his friends.



Aran likes to look smart and clean.  
Aran has a shower every day.



Aran likes eating food.  
Aran likes to stay slim and healthy.



Aran is friendly.  
Aran likes meeting people.

## Aran is sad



Aran does not want to play football.



Aran looks messy.  
Aran does not wash.  
Aran smells bad.



Aran eats too much.  
Aran is putting on weight.  
Aran is sad about his weight.



Aran does not feel friendly.  
Aran feels depressed.

## What helps Aran feel better?



Exercise helps Aran feel better.  
Aran plays football with friends.



Aran's nurse has a list of food.  
This food helps Aran lose weight.  
This food helps Aran feel better.



Aran eats fruit and vegetables.  
Aran eats home made food.  
Aran drinks water.



Aran has fizzy drinks less often.  
Aran has cakes less often.  
Aran has chips less often.

## How you feel

Do you have any of these problems?



I panic.

☐


I have headaches.

☐

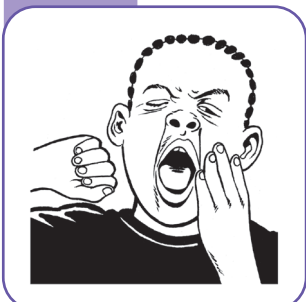
I have pains in my body.

☐


I feel dizzy.

☐

My heart beats fast.

☐


I am always tired.

☐

## What you do

Do you have any of these problems?



I cannot sleep.

☐

I wake up too early.

☐


I eat more than usual.

☐

I eat when I am not hungry.

☐


I do not want to eat.

☐

I am not hungry.

☐


I do not want to do anything.

☐

## What you think about

Do you have thoughts that worry you?



I think about bad things.

☐

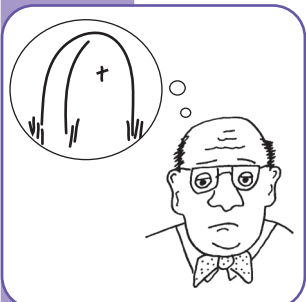
I cannot cheer up.

☐


I think about hurting myself.

☐

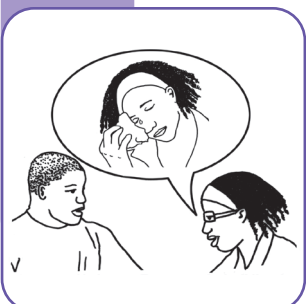
I do not like thinking this.

☐


I think about death or dying.

☐

I do not like thinking this.

☐


**Tell someone if you are sad  
or worried about your thoughts.**

## What helps you feel better?



I talk to someone I trust.

☐

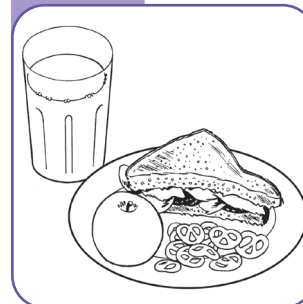

I talk to a doctor or nurse.

☐


I keep fit and active.

☐

I play games or a sport.

☐


I eat fruit and vegetables.

☐

I eat home made food.

☐

I drink water.

☐

## What helps you feel better?



I meet friends.

☐

I do something I enjoy.

☐


I learn new things.

☐

I learn with other people.

☐


I write down how I feel.

☐

I draw or paint.

☐


I help other people.

☐

## Talking to someone



If you want to talk to someone  
you can ring the epilepsy helpline.

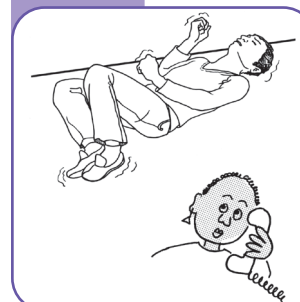


01494 601 400

The number is 01494 601 400.



You can talk about how you feel.  
The helpline will not tell anyone  
what you say.



You can talk about epilepsy.  
You can ask for information.



**epilepsysociety.org.uk**



Find us on Facebook, Instagram and Twitter



**Epilepsy Helpline**  
**01494 601 400**

Monday and Tuesday 9am to 4pm,  
Wednesday 9am to 7.30pm.  
National call rate. Confidential.

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