



Your Health and Your Behaviour



Some people with learning disabilities behave in ways that are difficult for them and those around them.



This can include hitting, shouting, or breaking things.









Doctors sometimes give medicine to help.



But sometimes people behave this way because they feel unwell.



Researchers looked at lots of people's health notes to learn more.

	<p>They found that health problems can affect behaviour.</p>
	<p>Trouble with going to the toilet, feeling sore, or not sleeping well were common.</p>
	<p>These problems often came first, then the behaviour happened.</p>
	<p>When people feel better, they often stop behaving in ways that are difficult for everyone.</p>
	<p>This means less need for medicine.</p>
	<p>It is important to look after your health.</p>