



Colour your way to calmness

Instruction: Practise mindfulness and de-stress with these colouring pages.

Colouring is a healthy way to relieve stress. It can help the body relax and calm your mind. Here are some additional ways to help manage stress:

- 1 Enjoy simple pleasures**
Look for opportunities to do things you enjoy, even if it's just for 15 minutes every day.
- 2 Use positive self-talk**
Frame your thinking around success, rather than failure.
- 3 Let things go**
Some things aren't worth sweating over. Reward yourself for a meaningful accomplishment instead of being hard on yourself for not getting everything done.
- 4 Take a break from the situation**
Go for a walk or take three to five deep breaths to help clear your head.

Sources:

Mayo Clinic Health System. Colouring is good for your health.

American Heart Association. Four ways to deal with stress.

Centers for Disease Control and Prevention. Injury prevention and control. Coping with stress.

Helpguide.org. Stress management: How to reduce, prevent and cope with stress.

National Institute of Mental Health. Fact sheet on stress.

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