

RESILIENCE BEGINS AT HOME: MENTAL HEALTH

As your brain has been busy digesting a wealth of new information and ideas and making new connections all day, why not take a few precious moments to let your mind go blank while your brain sorts it all out, ready to call upon later? There are several therapeutic benefits to colouring that make it much more than just child's play:

1. Your brain can experience relief by entering a meditative state
2. Stress and anxiety levels have the potential to be lowered
3. Negative thoughts are expelled as you take in positivity
4. Focusing on the present helps you achieve mindfulness
5. Unplugging from technology promotes creation over consumption

**PRINT PAGES 2-7, GRAB SOME COLOURING PENCILS
AND LET YOUR MIND ROAM FREE!**





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