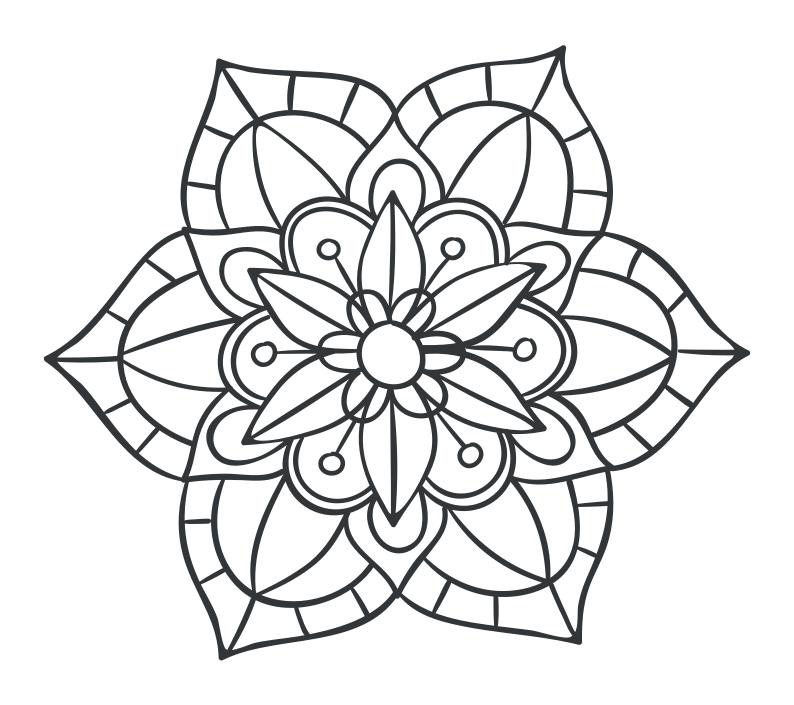


Feeling stressed, anxious, or emotionally triggered?

Mindful colouring can be an excellent form of cognitive distraction, helping you to calm down a spiraling mind and ground yourself in the present.

Why not try out these colouring sheets the next time you feel distressed to see if this is a coping skill that works for you?

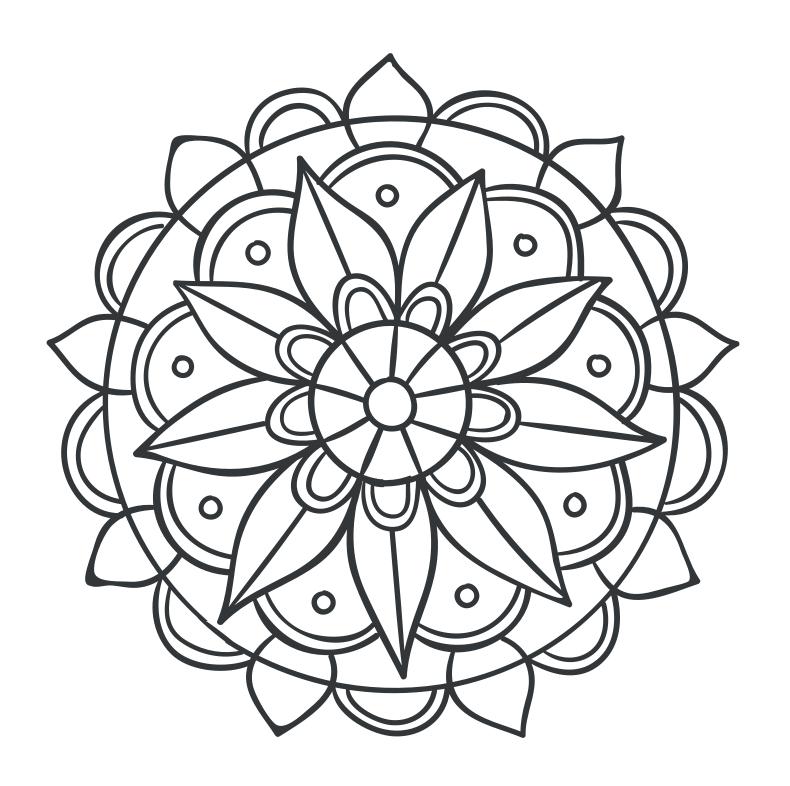
For more mental health and wellbeing tools, visit our website thewellnesssociety.org.



"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars."

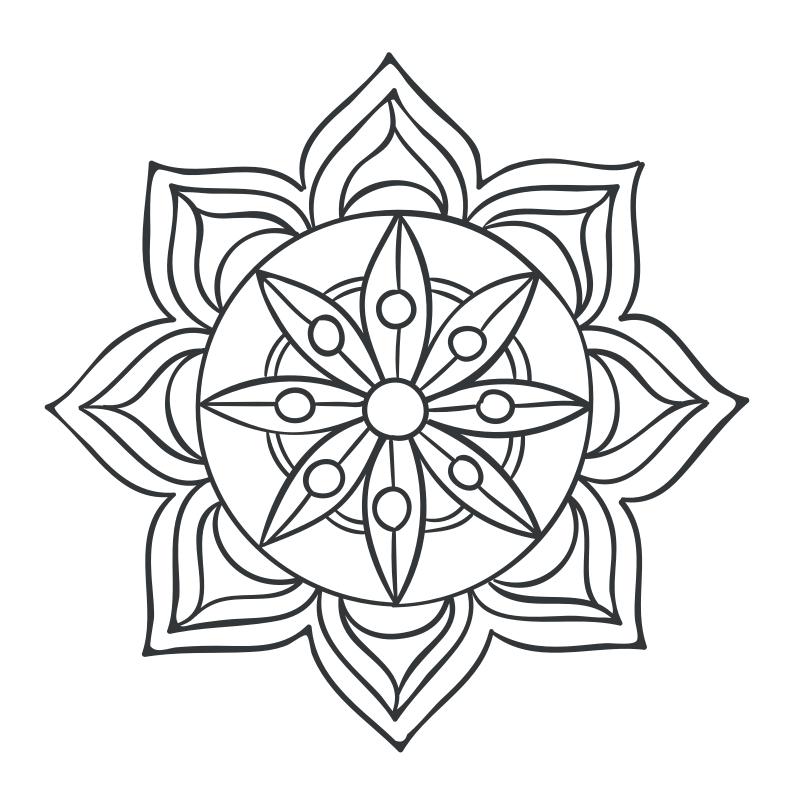
- Kahlil Gibran

Mhen I fagive. I begin to head. Mhen I let ga. Lbegin Tagsan.



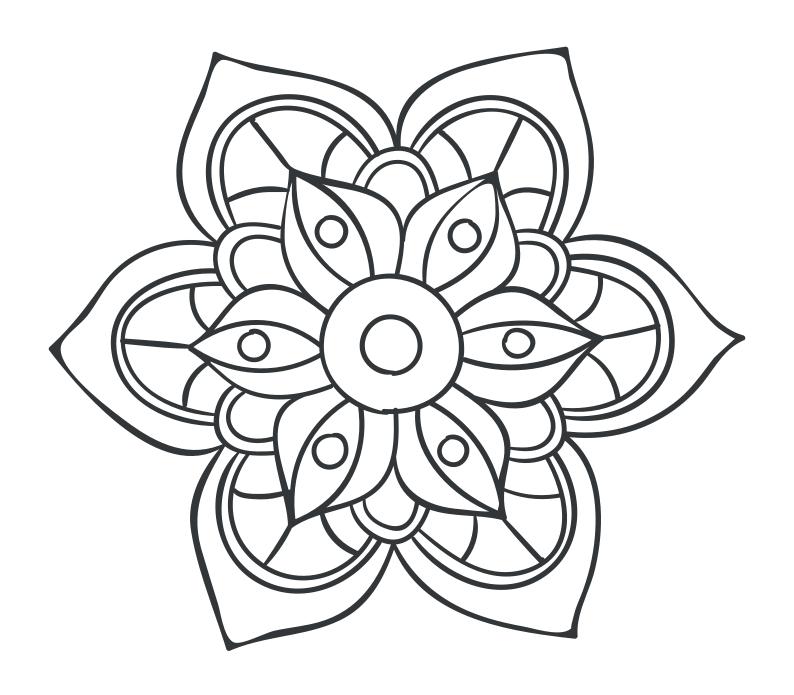
It's okay to have a bad day, week or month. Healing is not linear.

Shaw pass.

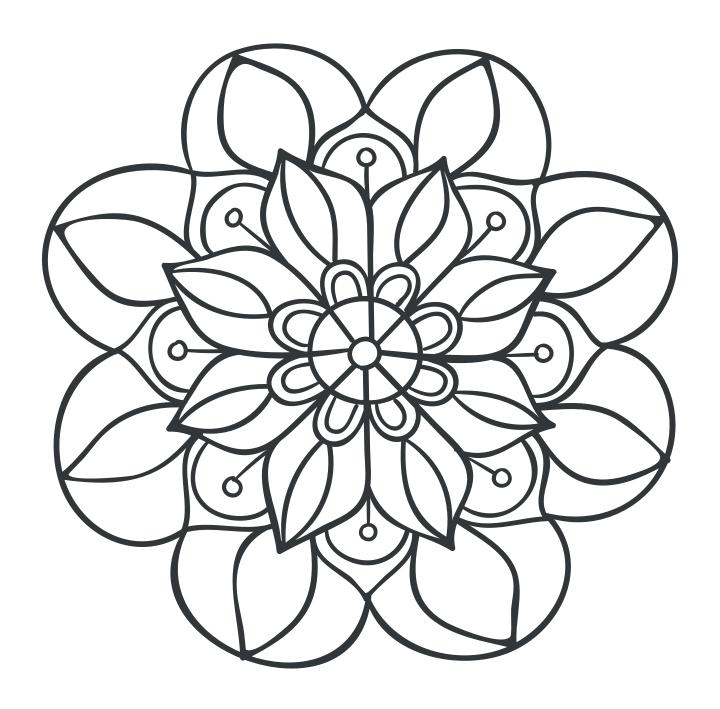


"Wisdom is nothing more than healed pain." - Robert Gary Lee

Lasesne for be pared and Theated well.

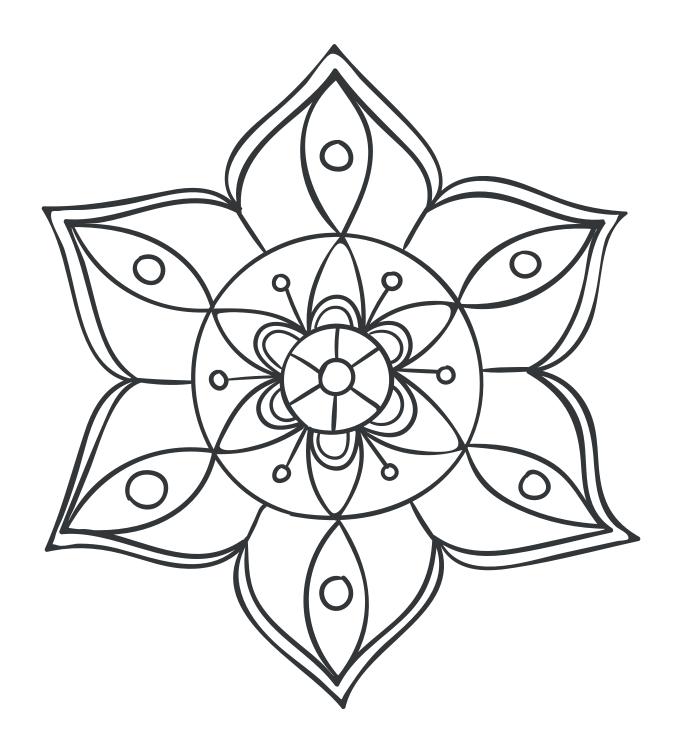


It's okay not to be okay.



"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor Frankl

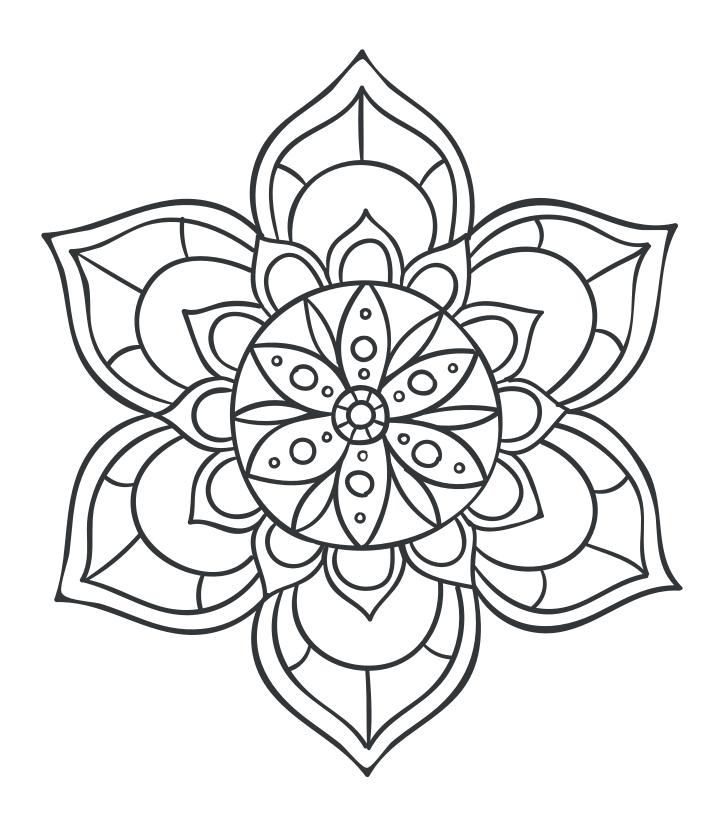




"One of the most important aspects in recovering from trauma is moving it outside of yourself. That is, it's not something that is about you. It's not something that you did it's something that happened to you. And I think that shift is the most important juncture toward healing." - Wendy Smith

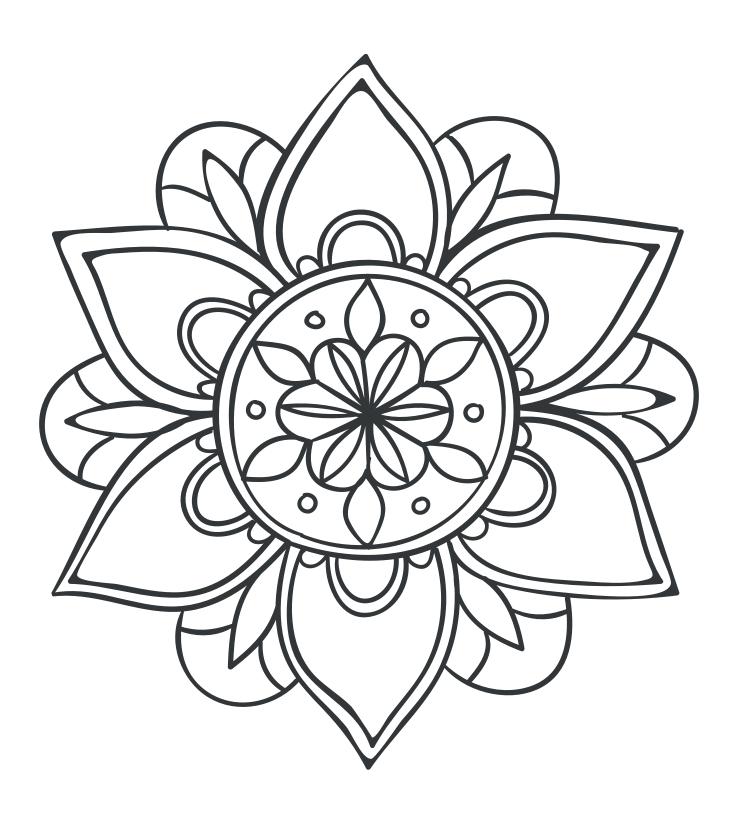
Hayiveness is the greates gillyou can give yourself.

– Maya Angelou



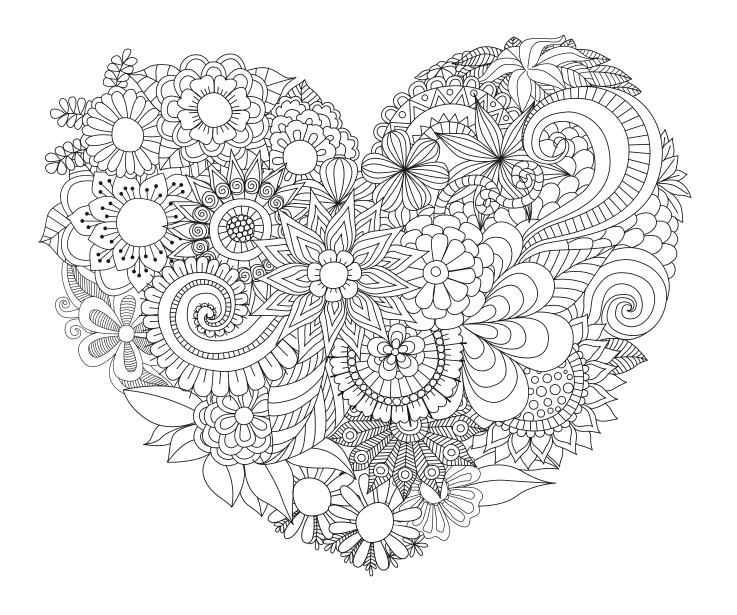
"We do not heal the past by dwelling there; we heal the past by living fully in the present." - Marianne Williamson





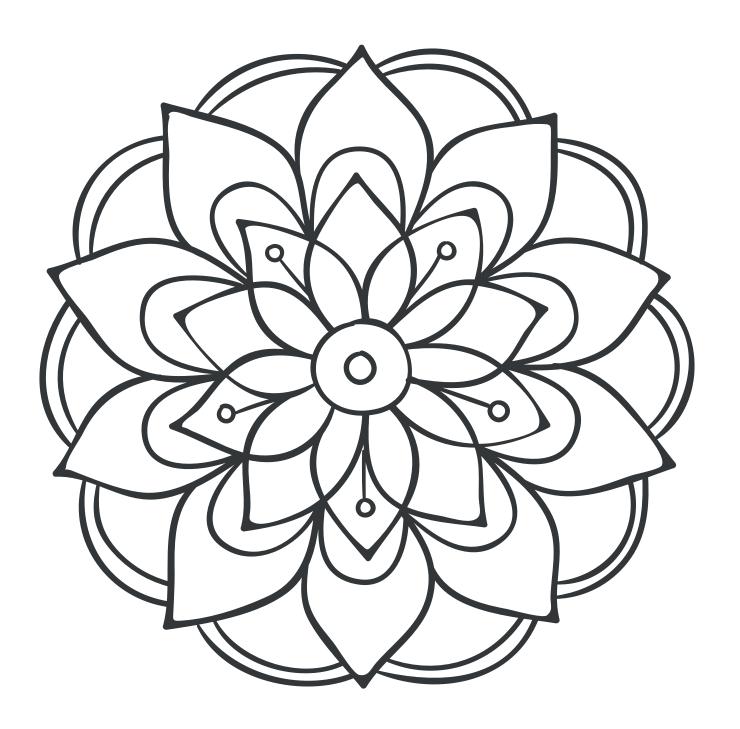
I have the right to be heard and taken seriously; my feelings and needs are valid.





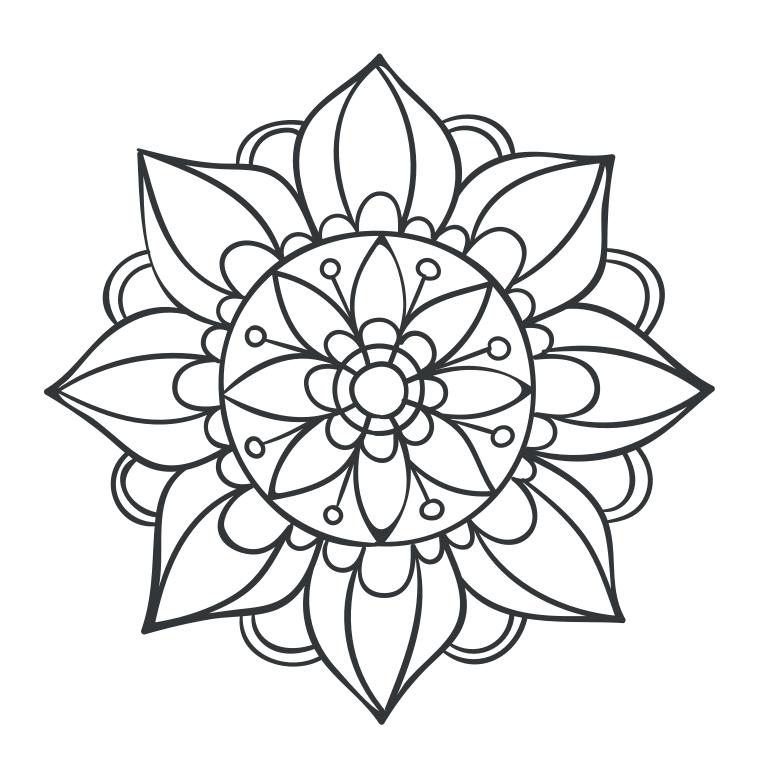
It can be safe to open your heart to another person.

afraid to be mysell. Lis sale to De me.

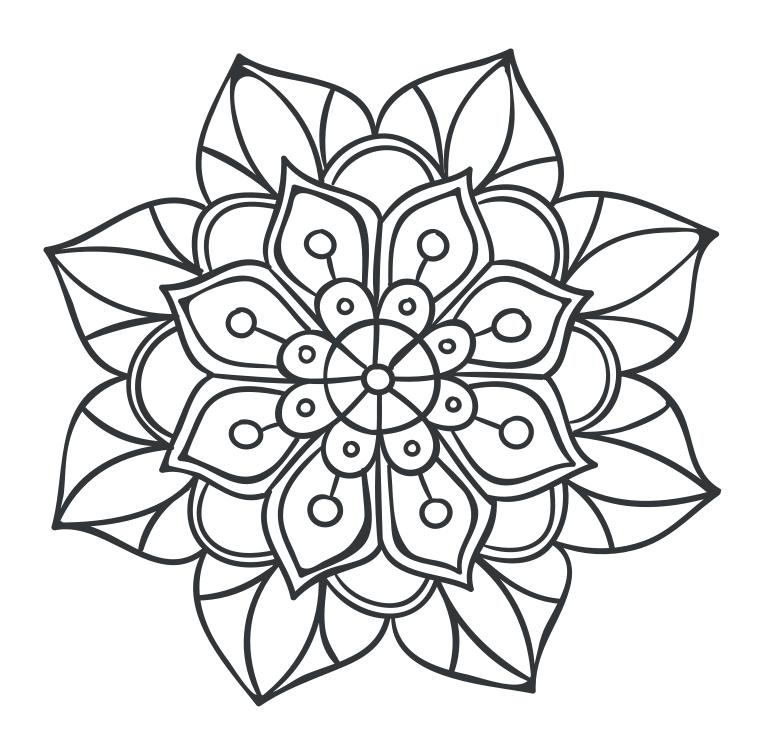


"If you are willing to look at another person's behaviour toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time cease to react at all." - Yogi Bhajan

en a My h.



"I am not what happened to me, I am what I choose to become." - Carl Jung



"Forgive others, not because they deserve forgiveness, but because you deserve peace." - Jonathan Lockwood Huie