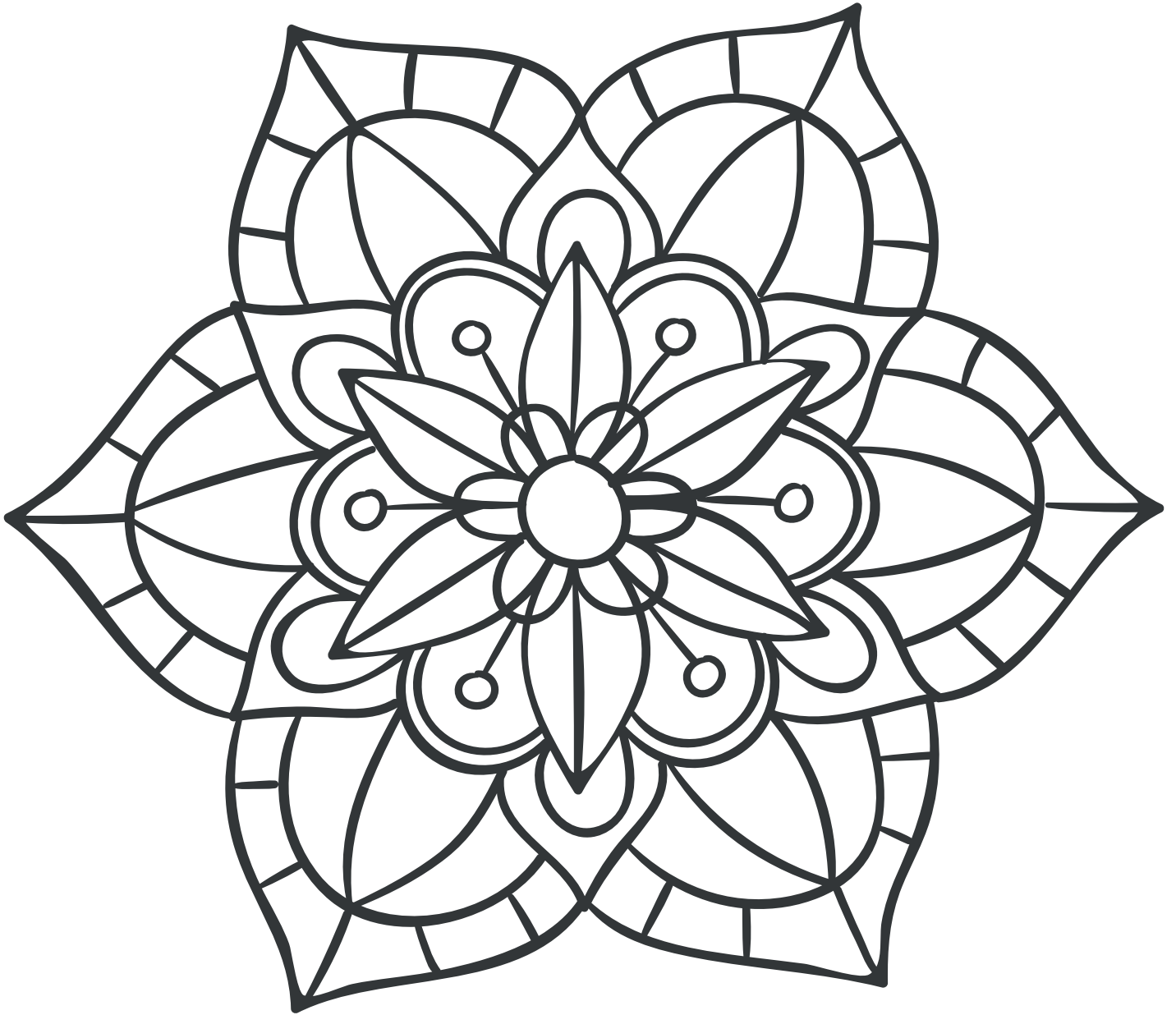


Feeling stressed, anxious, or emotionally triggered?

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](http://thewellnesssociety.org).



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

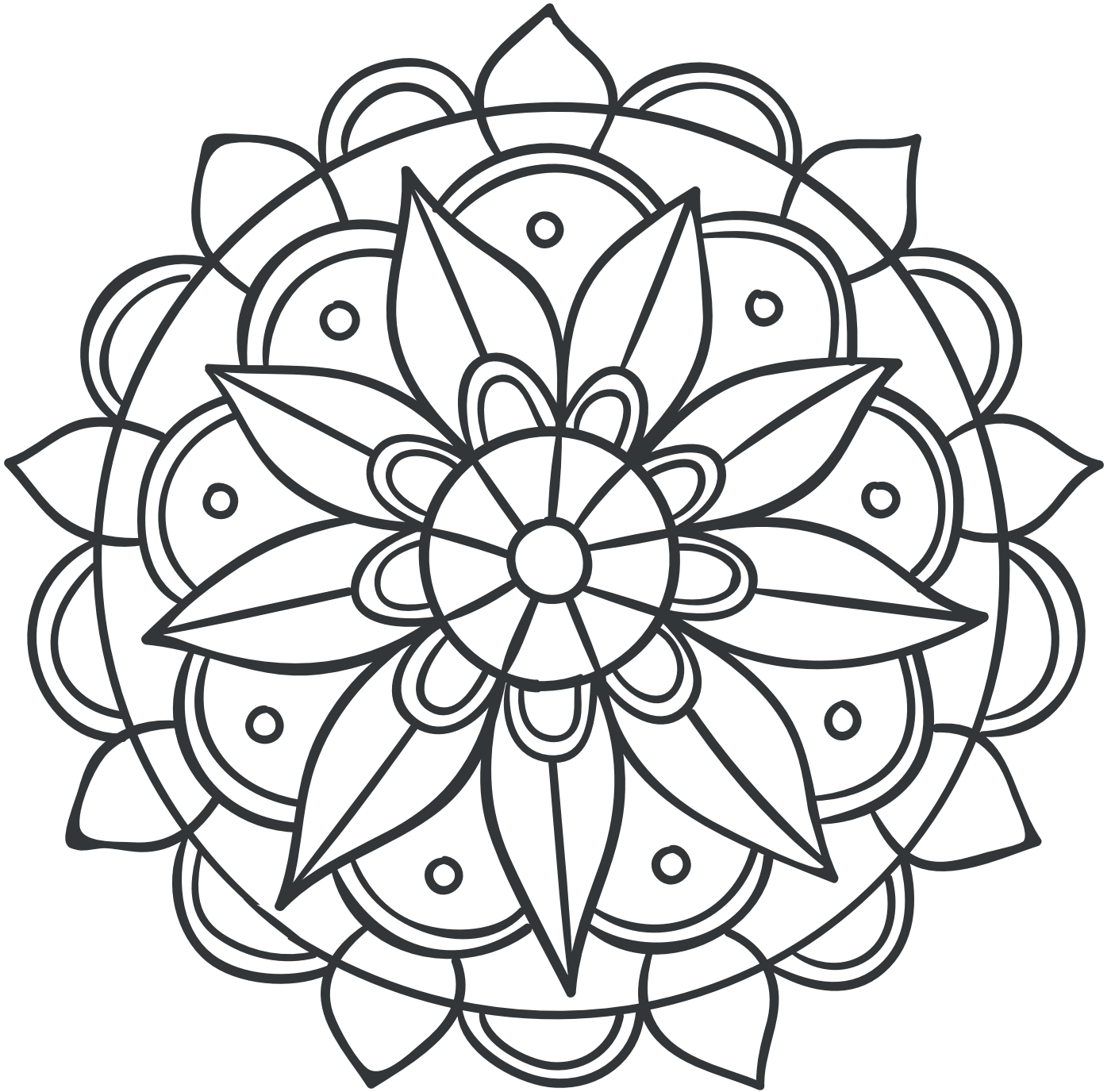
– Kahlil Gibran

When I forgive,

I begin to heal.

When I let go,

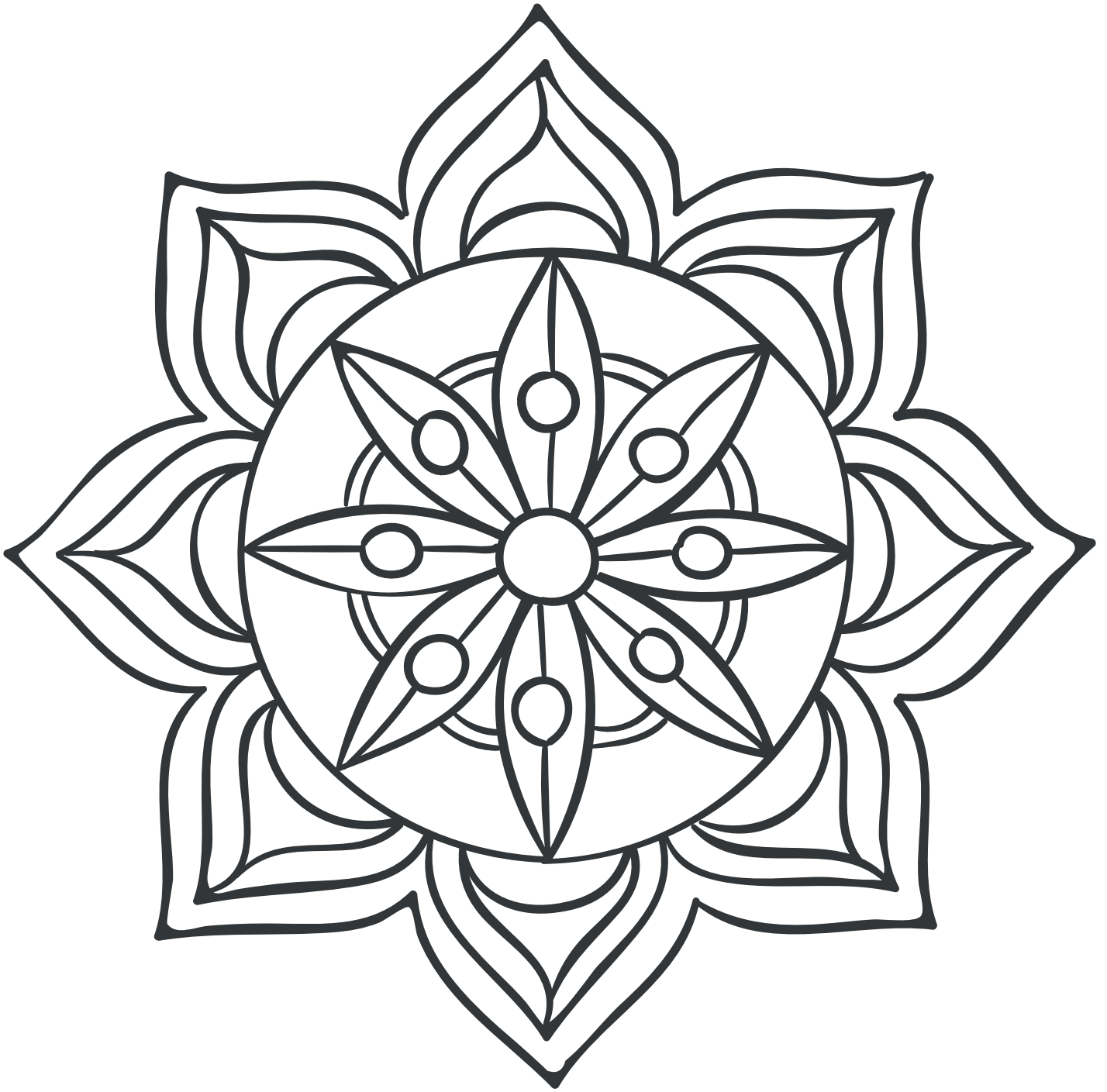
I begin to grow.



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

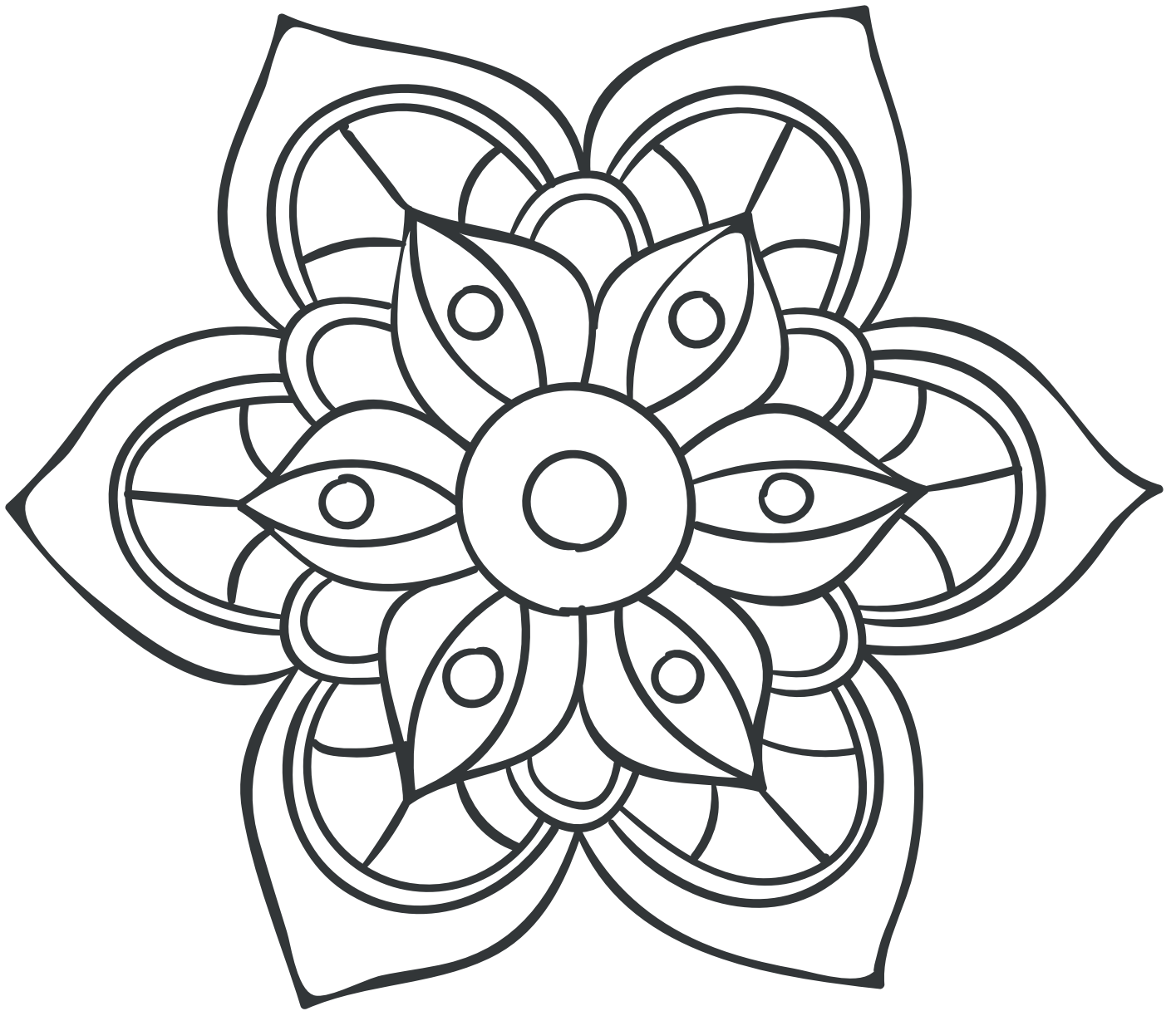
This too

shall pass.



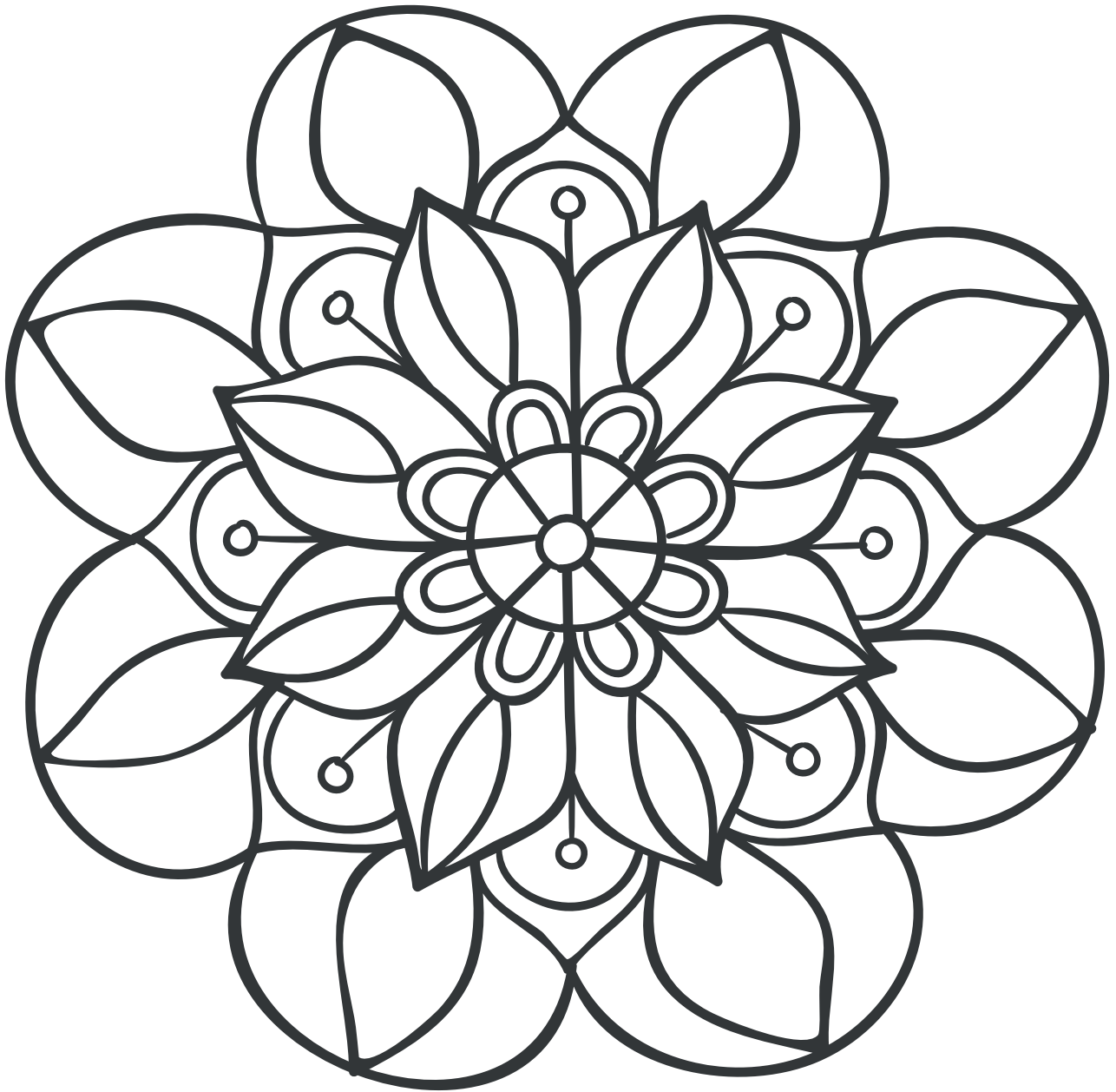
“Wisdom is nothing more than healed pain.” - Robert Gary Lee

I deserve to  
be loved and  
treated 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

I

belong

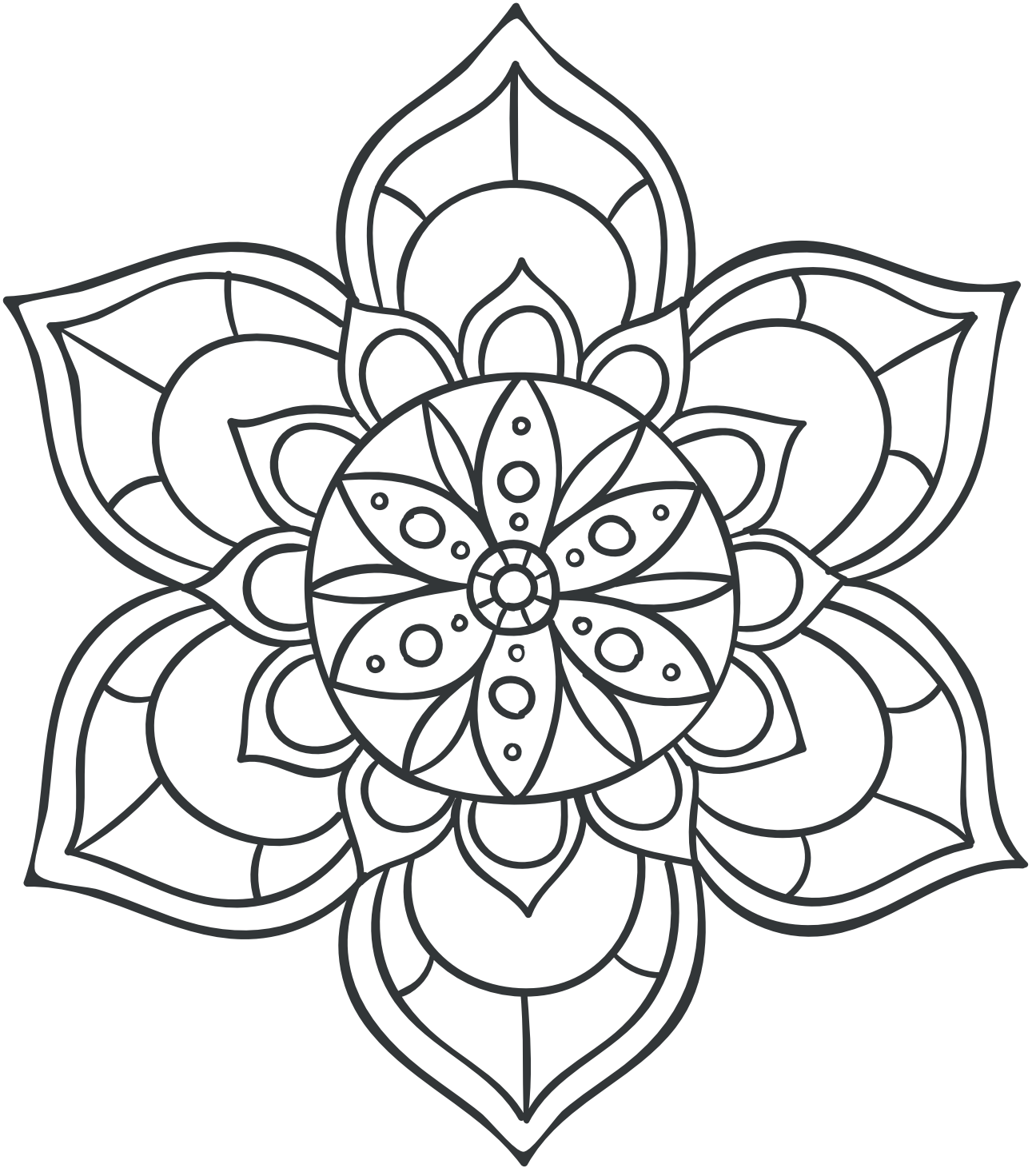
here.



“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

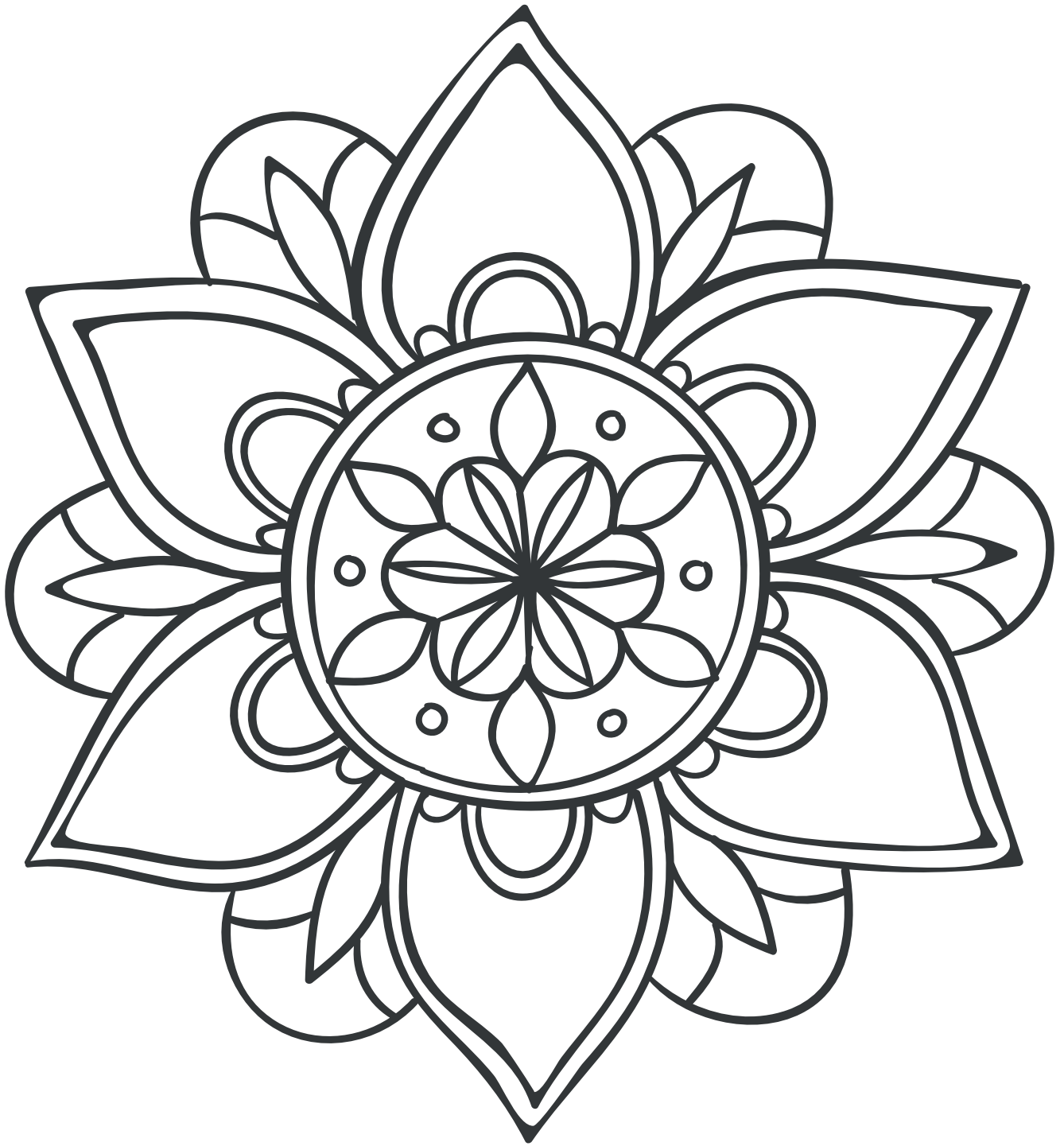
Forgiveness is  
the greatest  
gift you can  
give yourself.

– Maya Angelou



“We do not heal the past by dwelling there; we heal the past by living fully in the present.” – Marianne Williamson

Be  
kind  
to  
yourself.



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

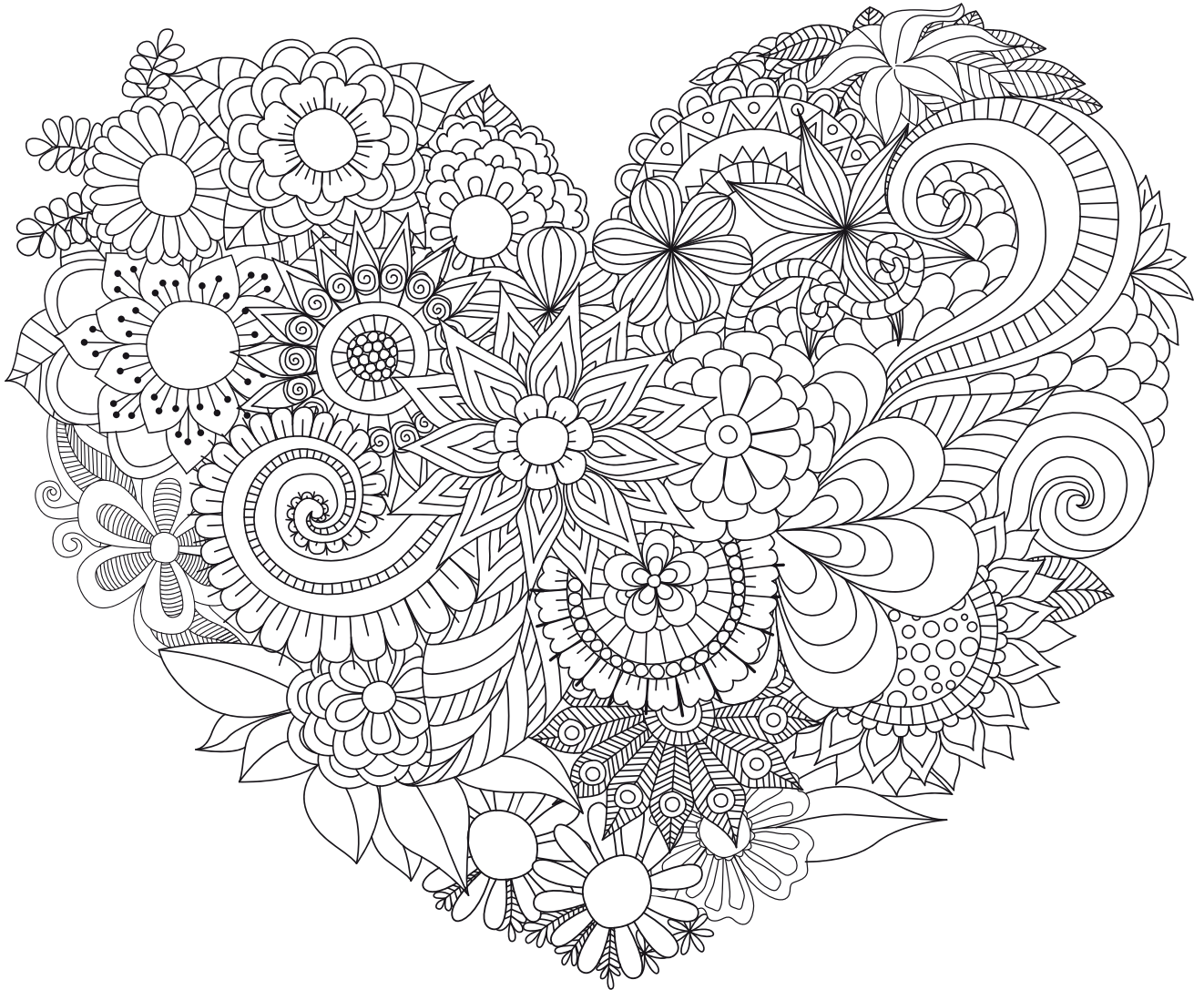
It's

okay to

ask for

help.

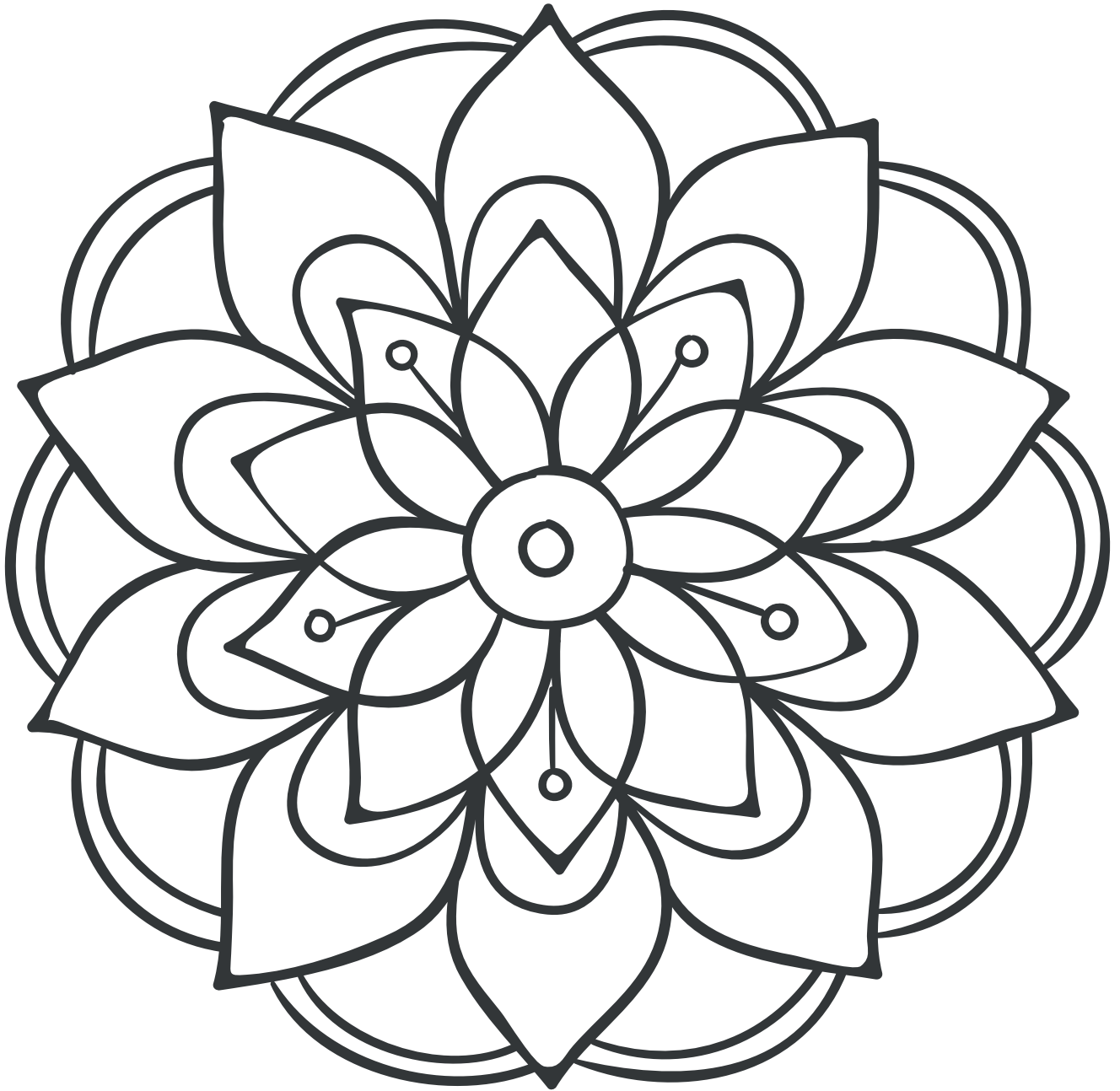




It can be safe to  
open your heart to  
another person.

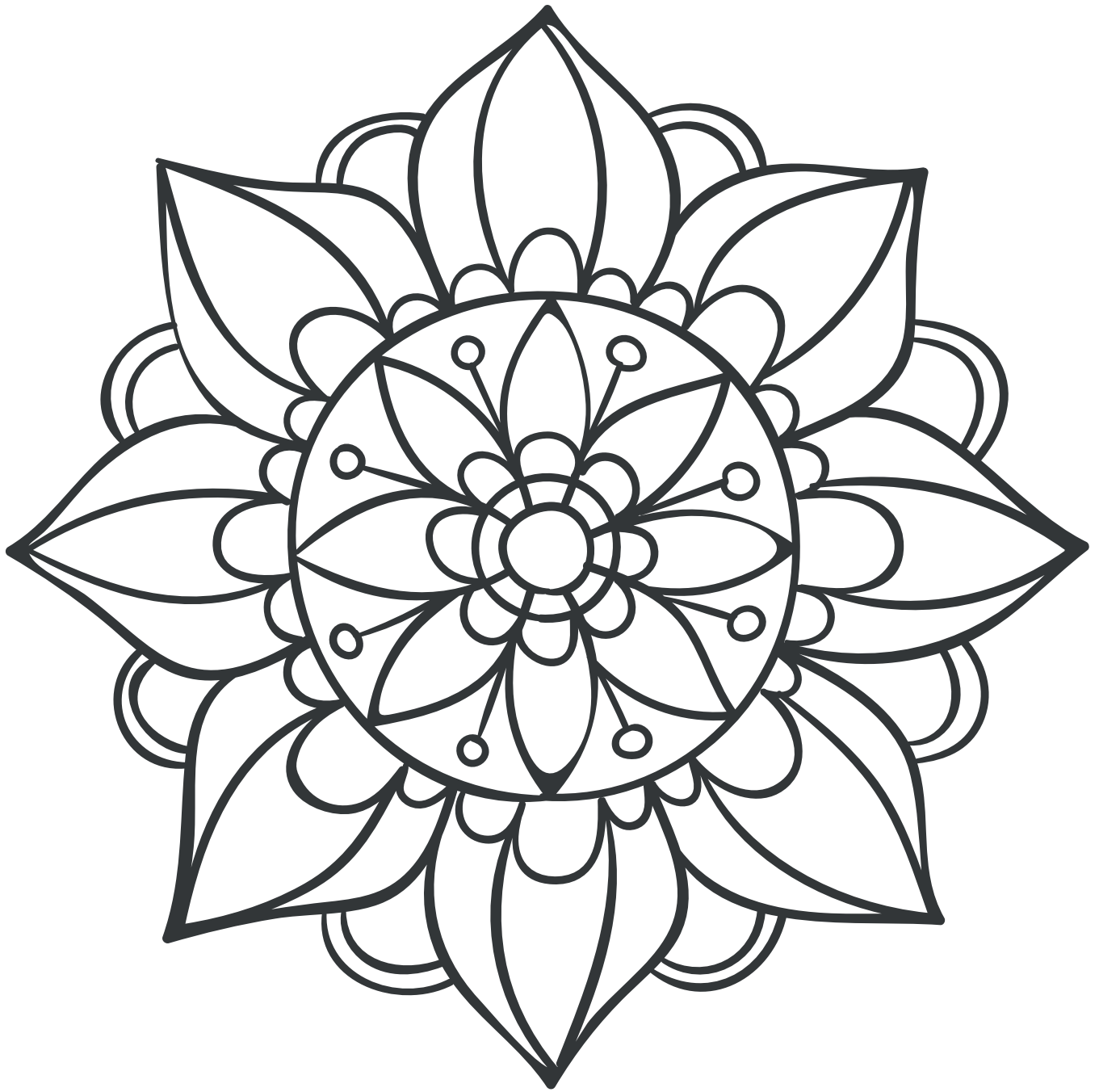
I am not  
afraid to be  
myself.

It is safe to  
be 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

I am  
enough.

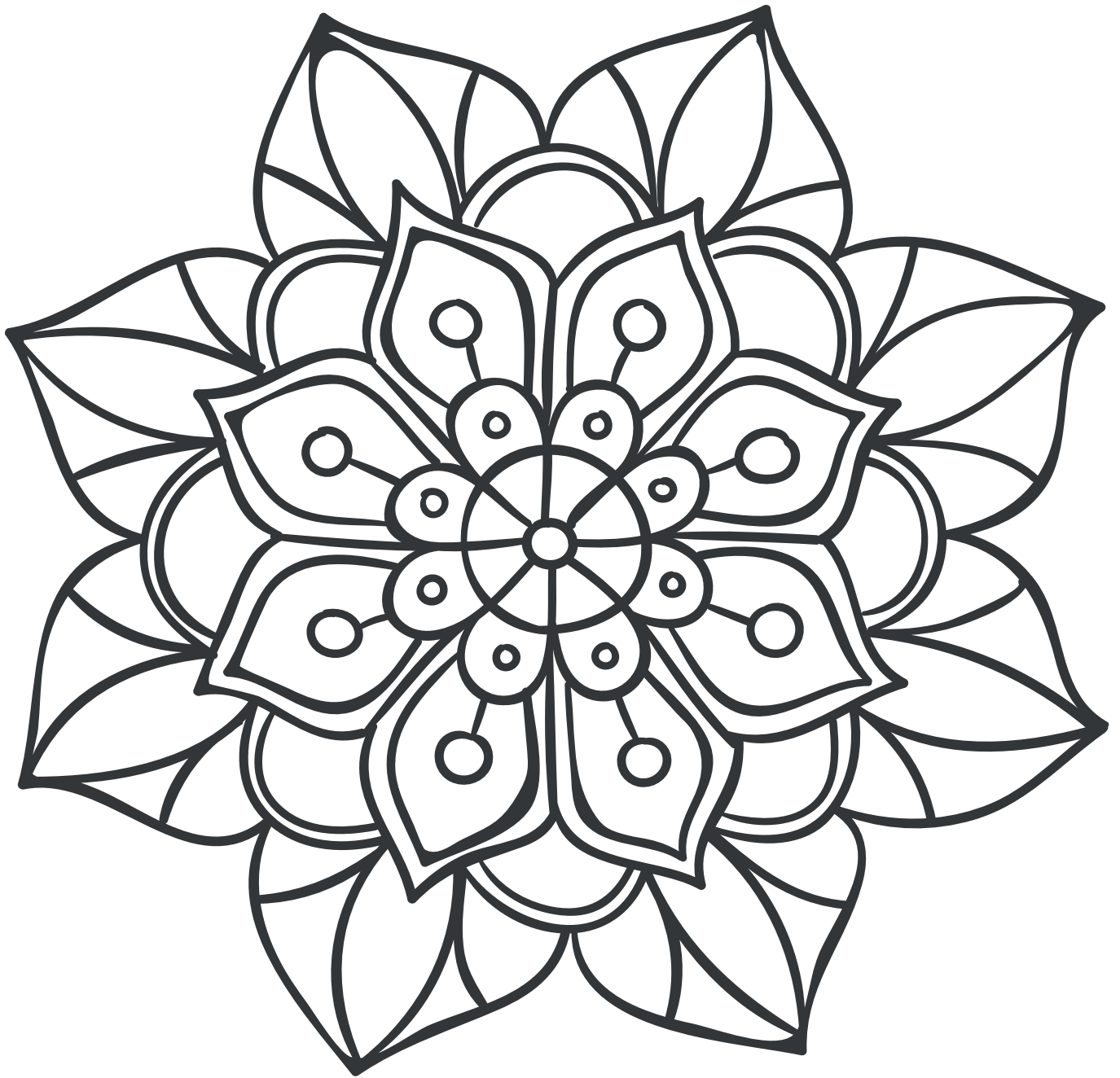


“I am not what happened to me,  
I am what I choose to become.”  
– Carl Jung

It was

not

my fault.



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