

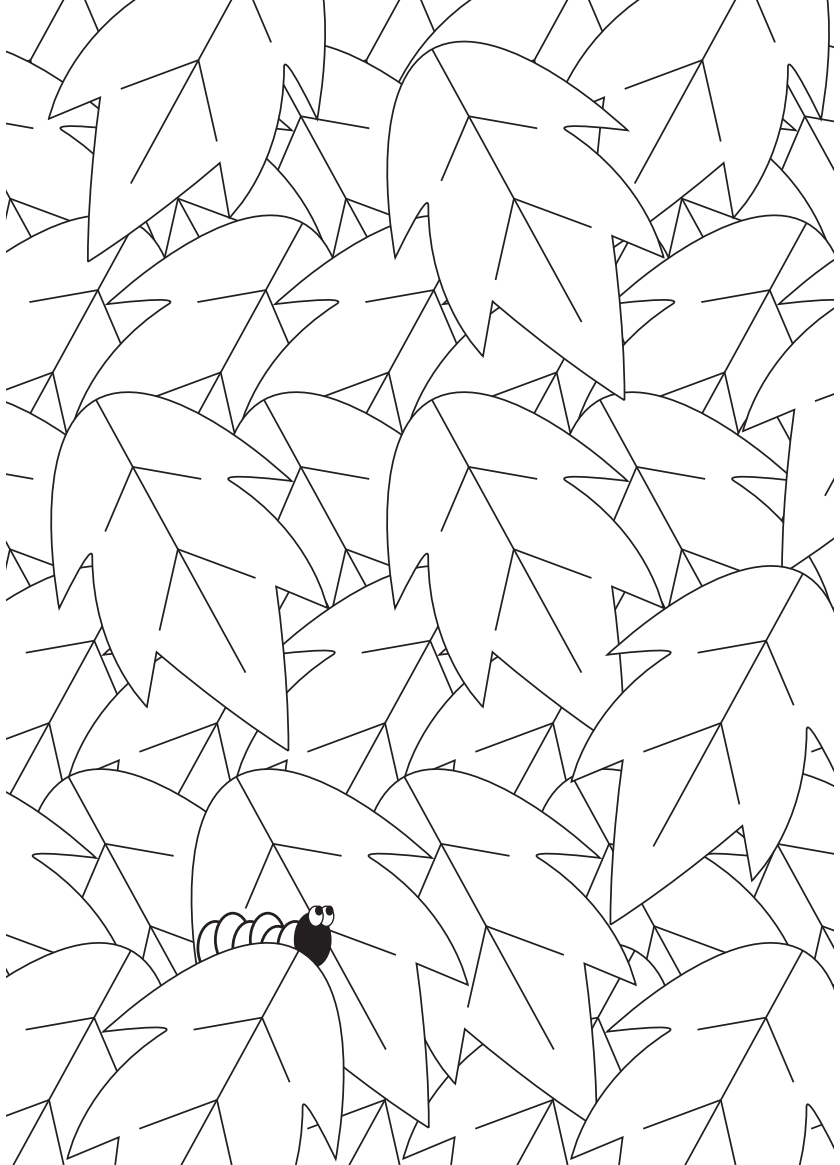
Fife Health
& Social Care
Partnership

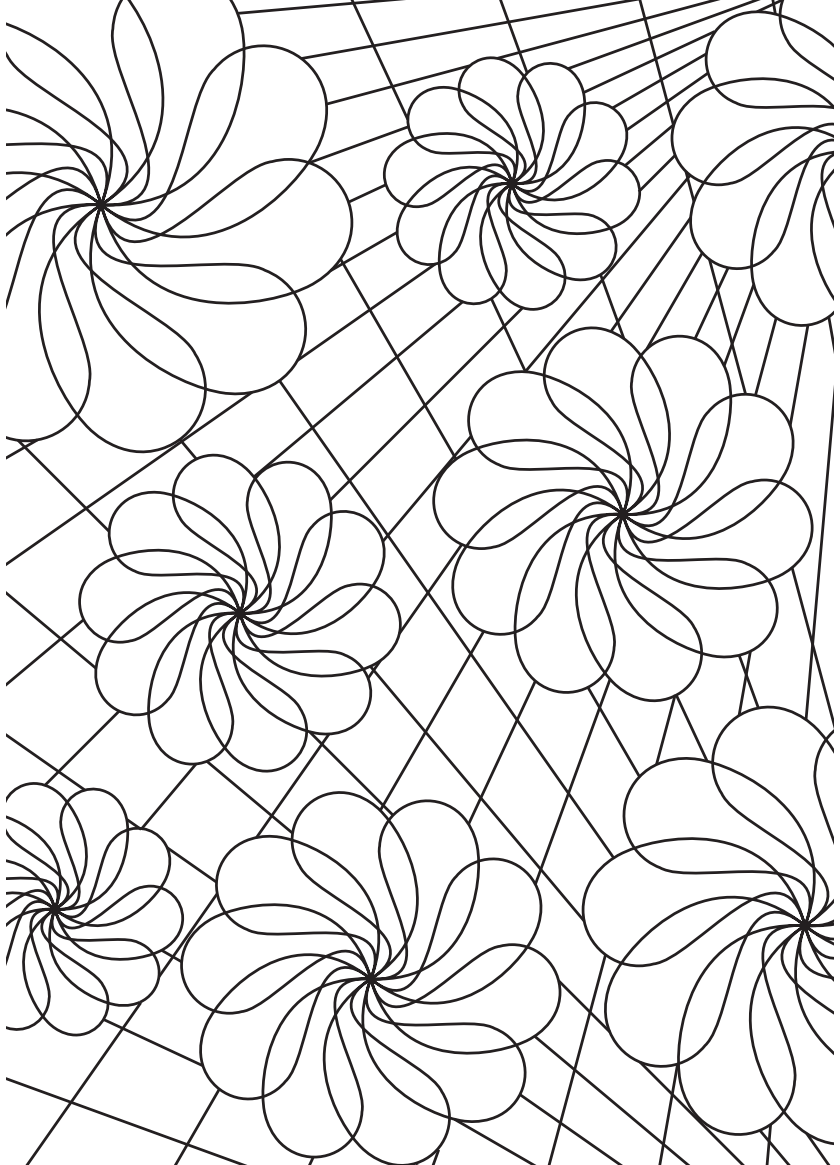


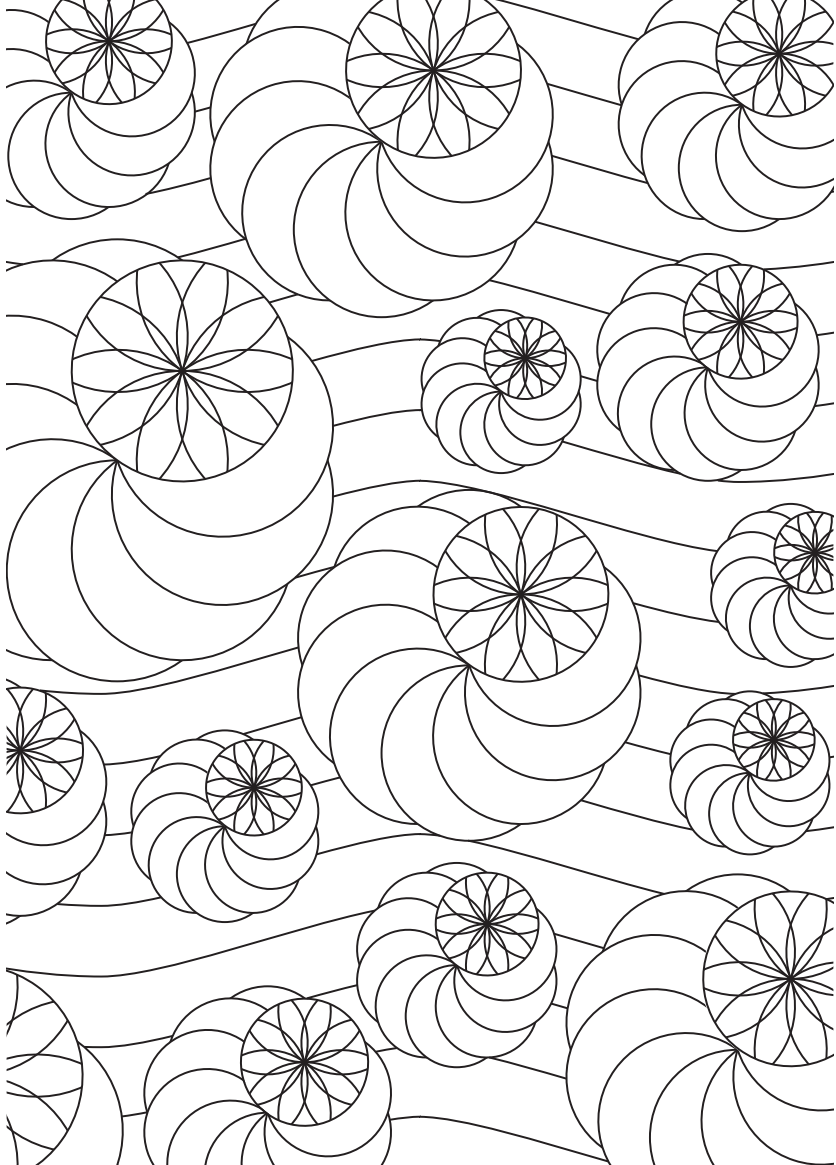
Supporting the people of Fife together

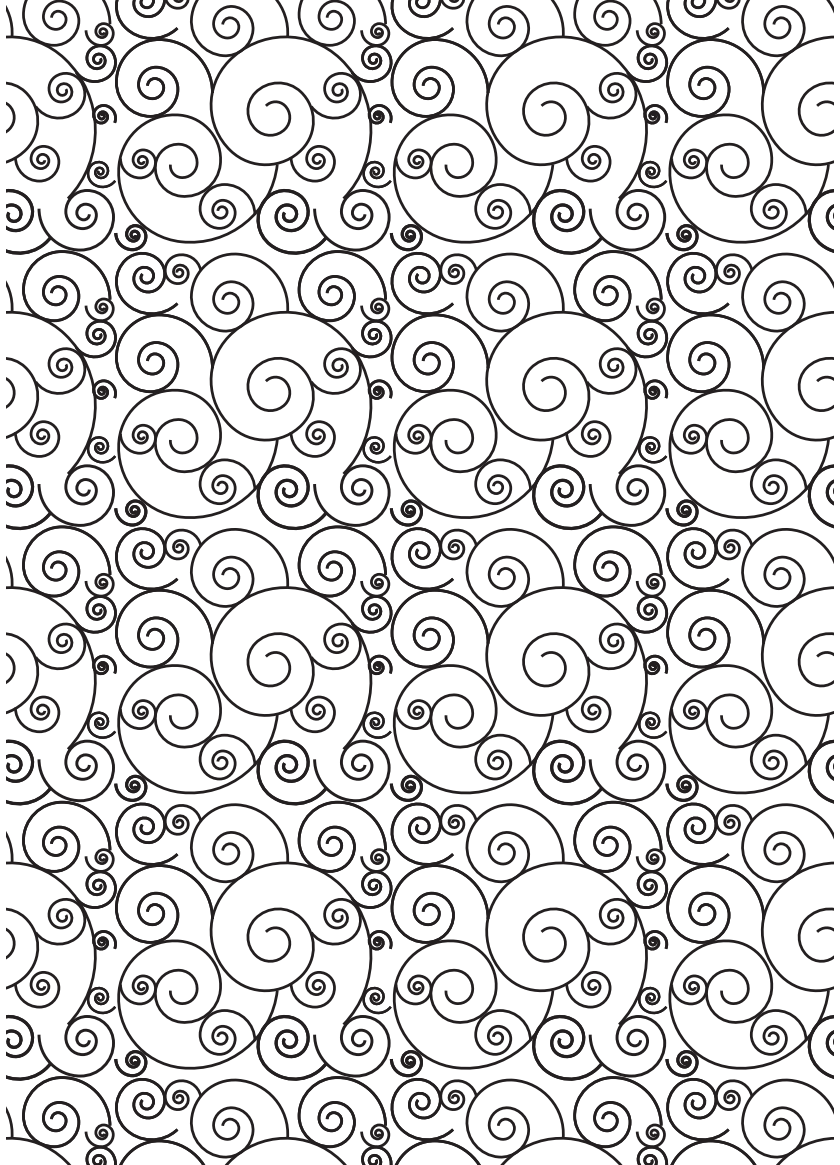
Mindfulness Colouring Book

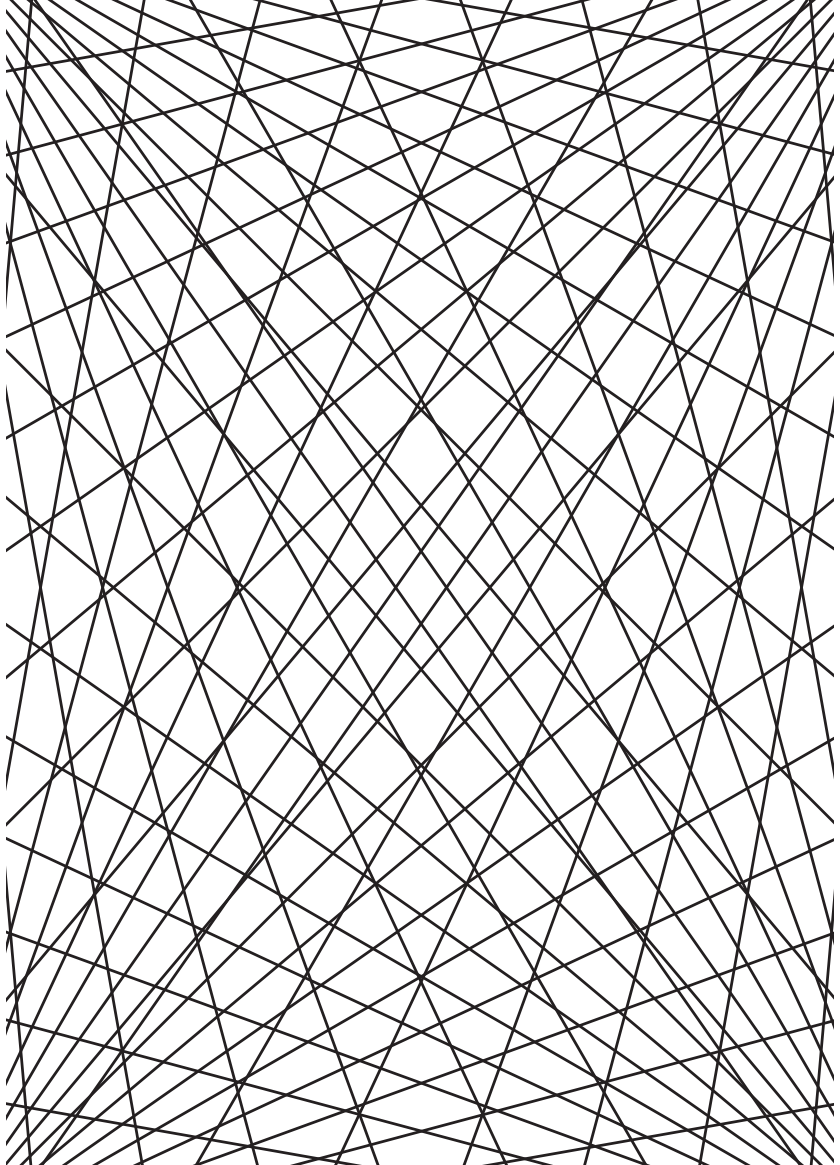


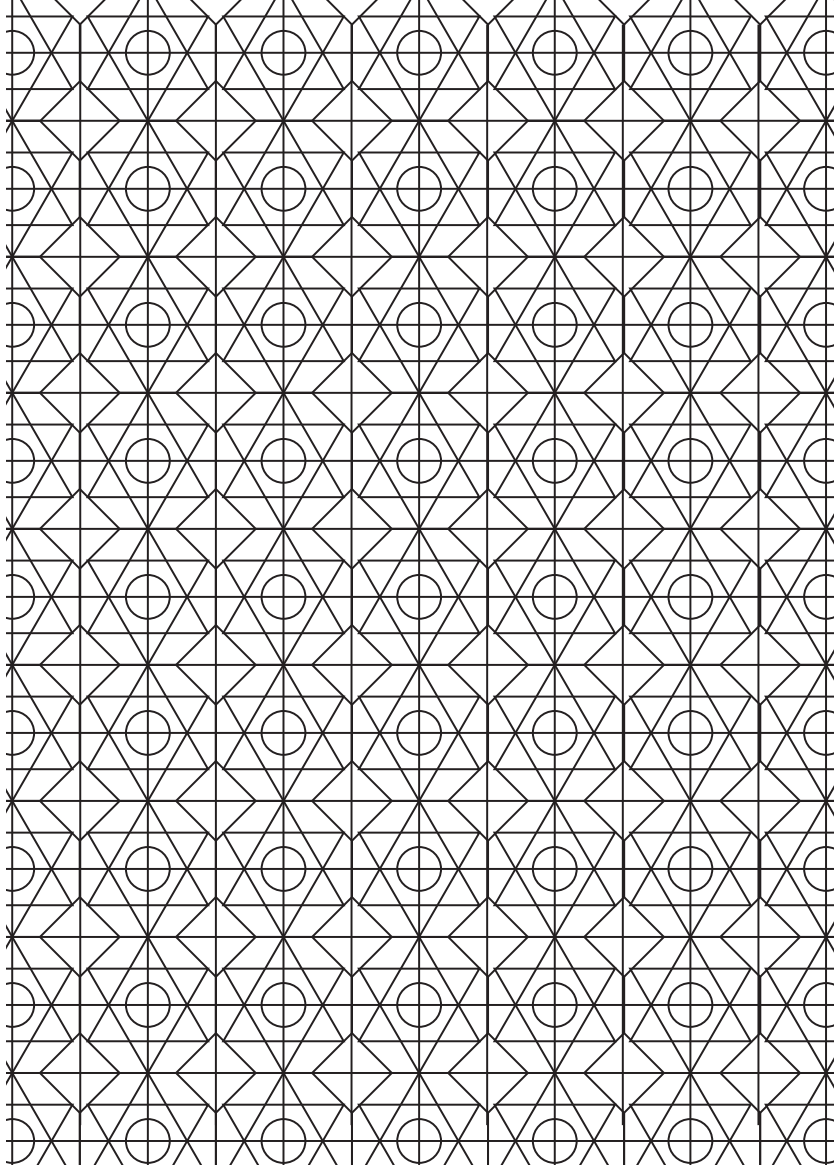


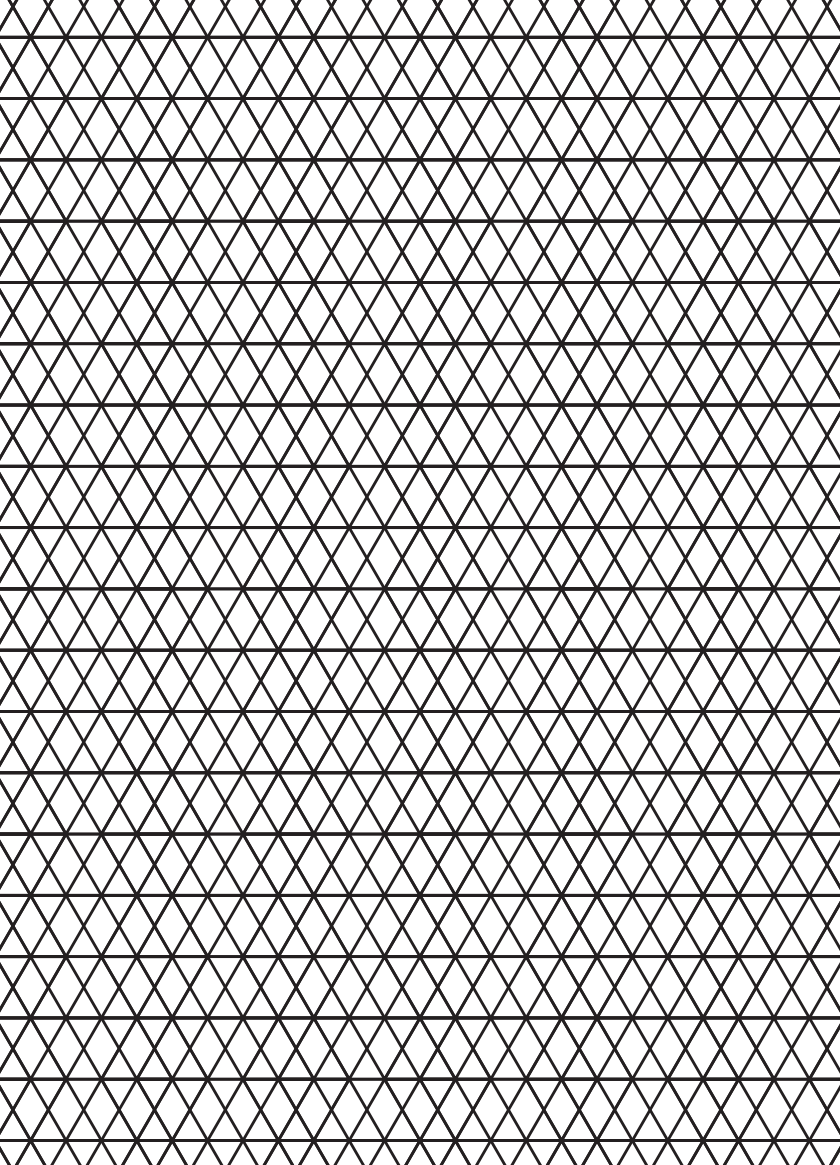


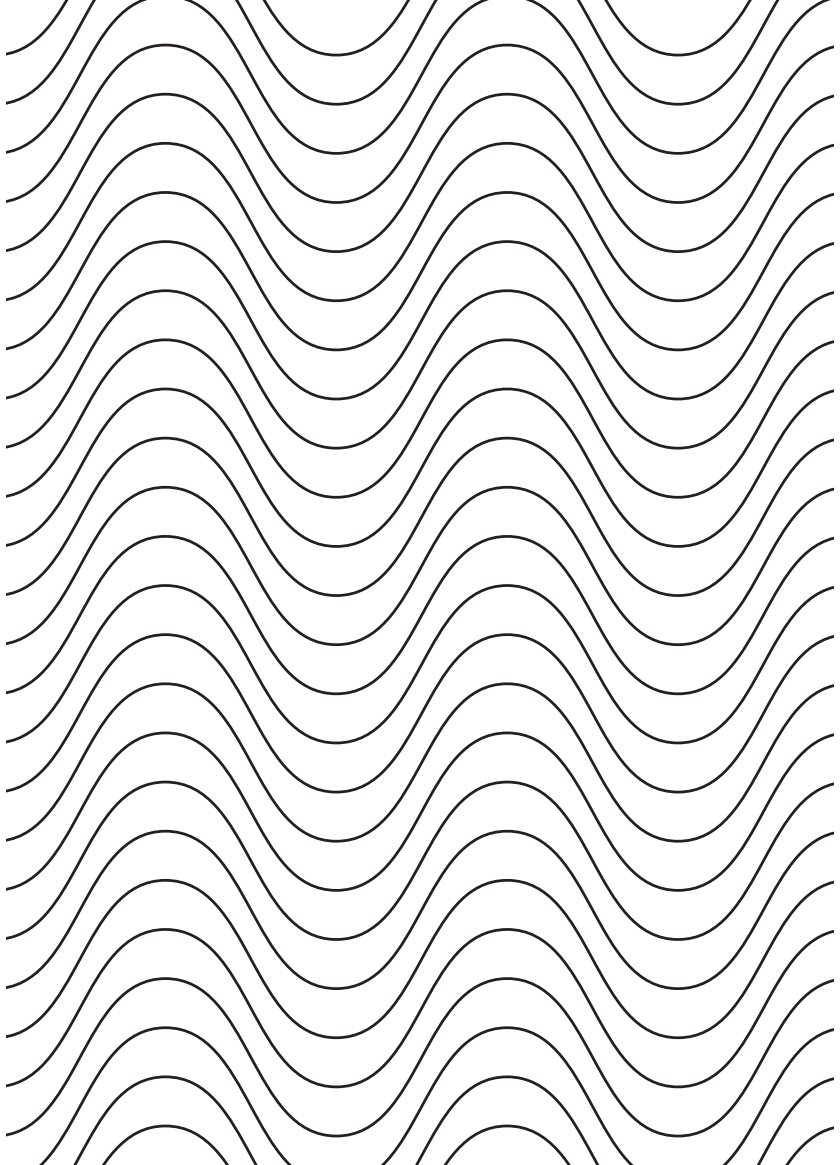












Colouring is a great way to introduce yourself to the concept of mindfulness - a mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations. Colouring can provide a much needed distraction from stress: when you're colouring, you're not really thinking about anything else. In that moment, with no apps, no noise – you can focus on yourself. Take some time out and discover your creative side with this colouring book – you deserve it!

Moodcafe www.moodcafe.co.uk

Steps for Stress www.stepsforstress.org

Samaritans 116 123

Breathing Space 0800 838587

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