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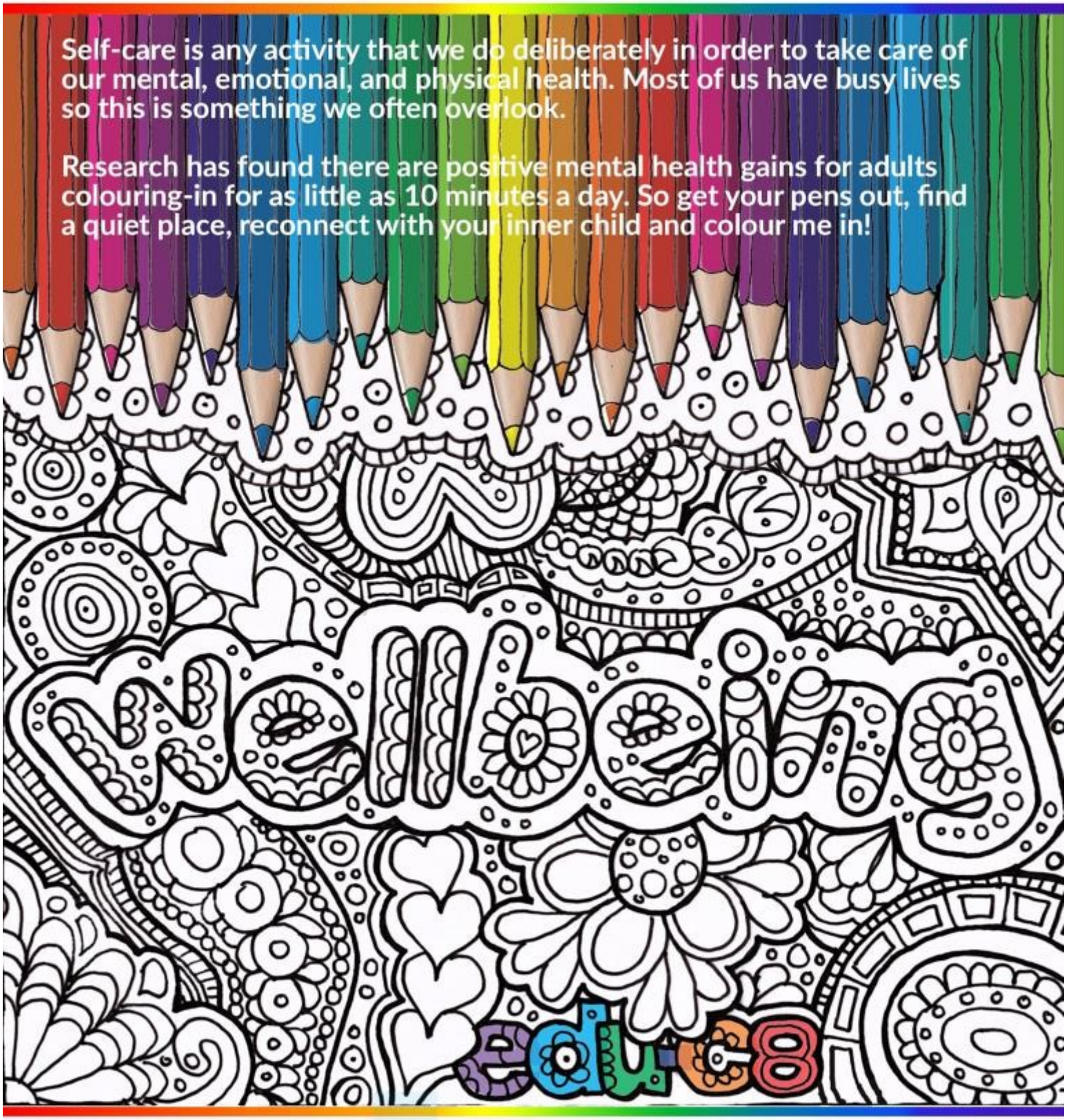
Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Most of us have busy lives so this is something we often overlook.

Research has found there are positive mental health gains for adults colouring-in for as little as 10 minutes a day. So get your pens out, find a quiet place, reconnect with your inner child and colour me in!



For more information about the Mental Health First Aid training we provide please contact us

www.edu-c8.co.uk

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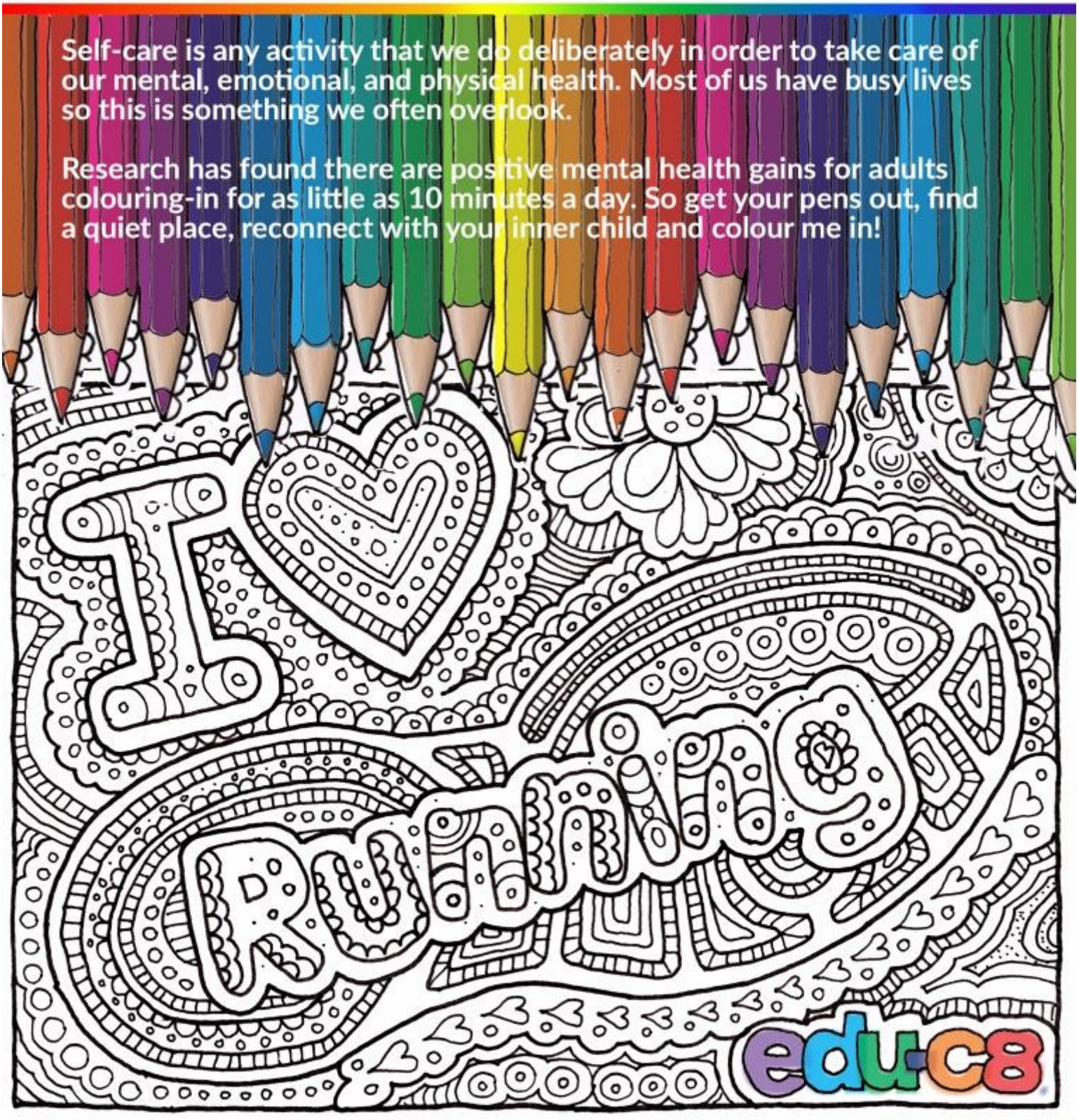

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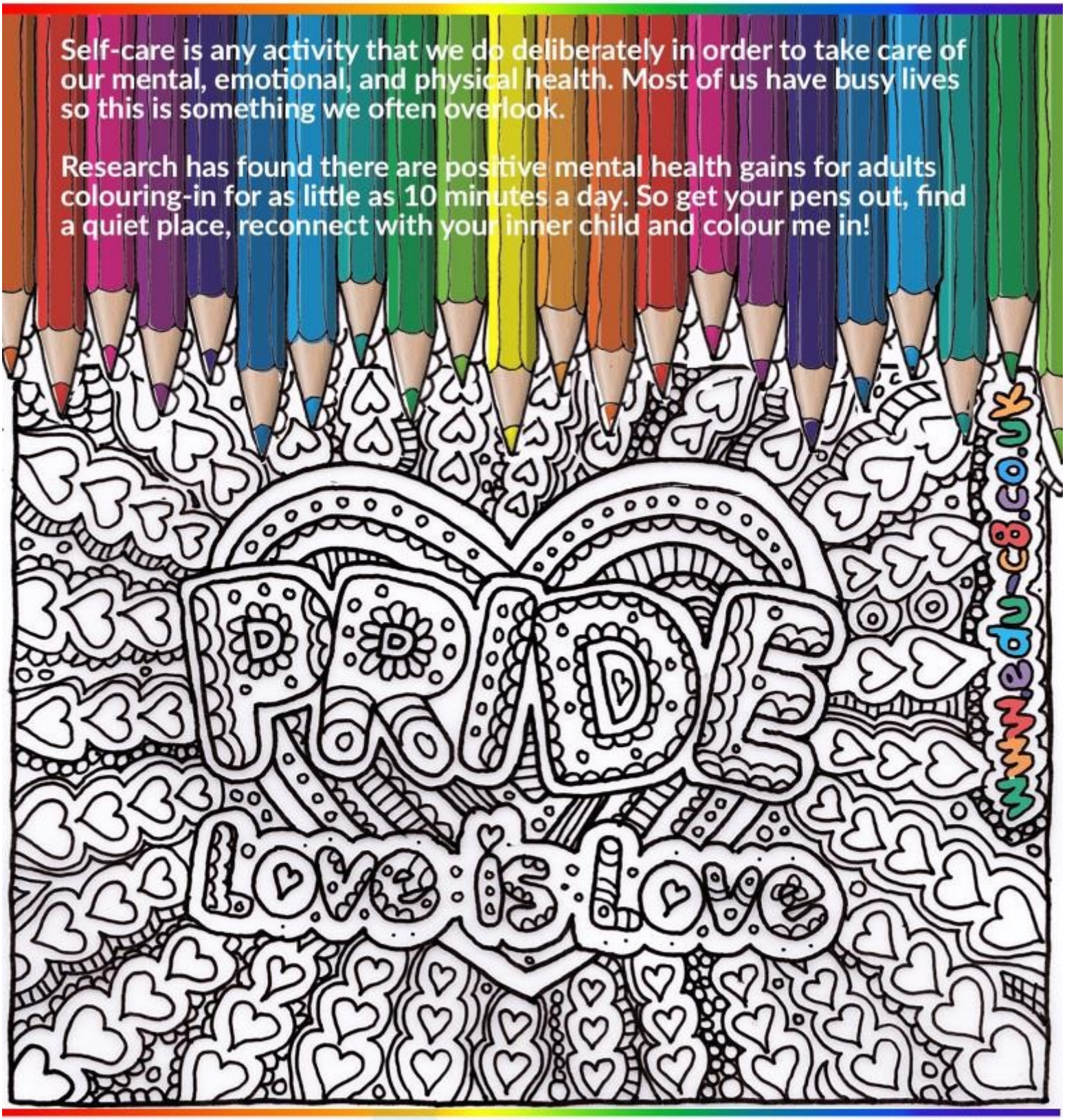

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