

Things I can control

Being active every day

Staying connected with family & friends

My attitude

How much TV I choose to watch

Mental self-care

Being kind To other people

Being kind to myself

Having a daily routine

Asking for help

How much time I spend on Social Media

The choices I make

How I respond

What happens around me

The weather

How other people behave

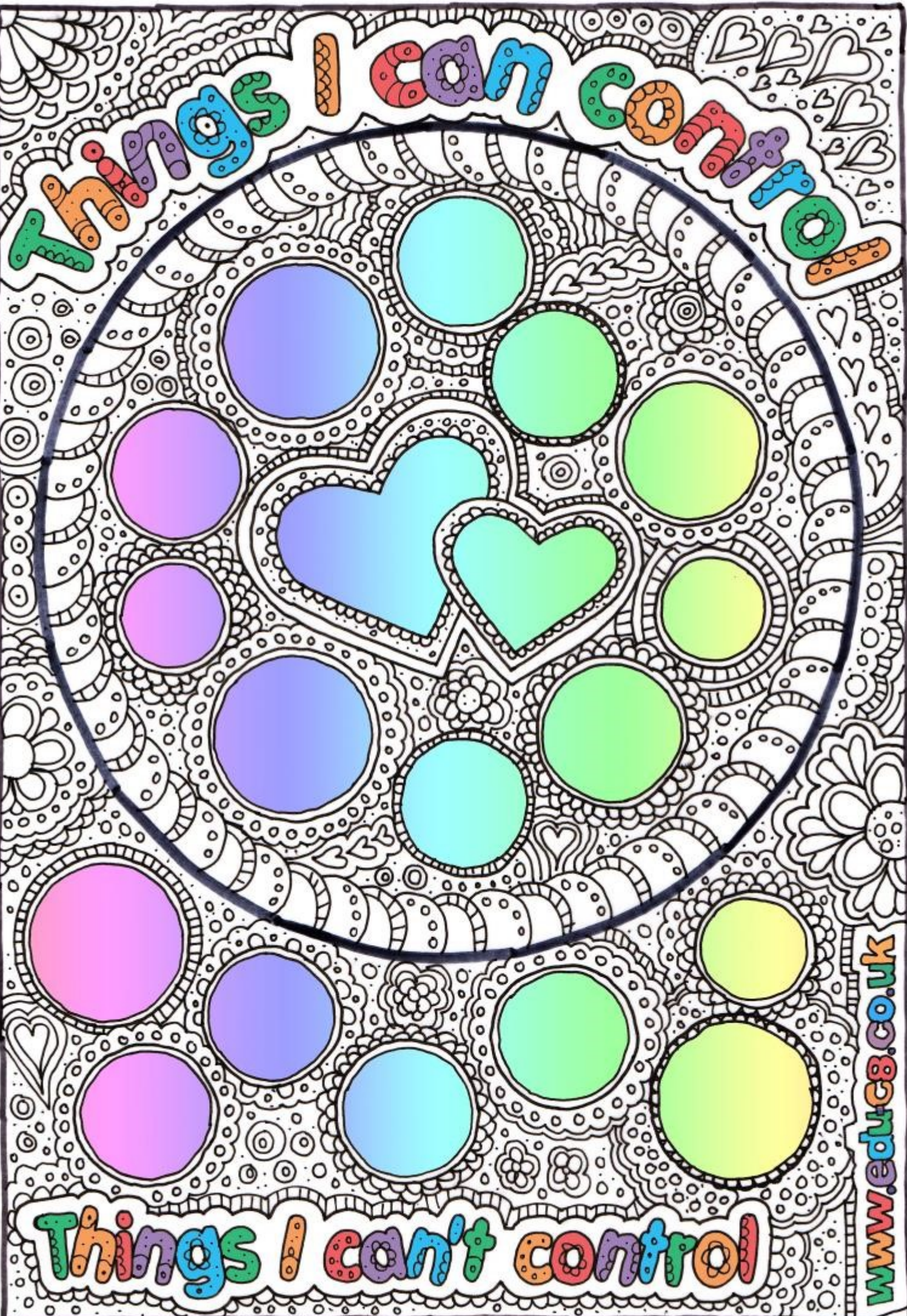
Changes to my work

The Past

The future

How others respond or react

Things I can't control



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!

If you have enjoyed colouring-in don't keep this to yourself, please share your artwork with us and spread the word. For more information or to download additional free copies please visit our website.

www.edu-c8.co.uk/wellbeing

