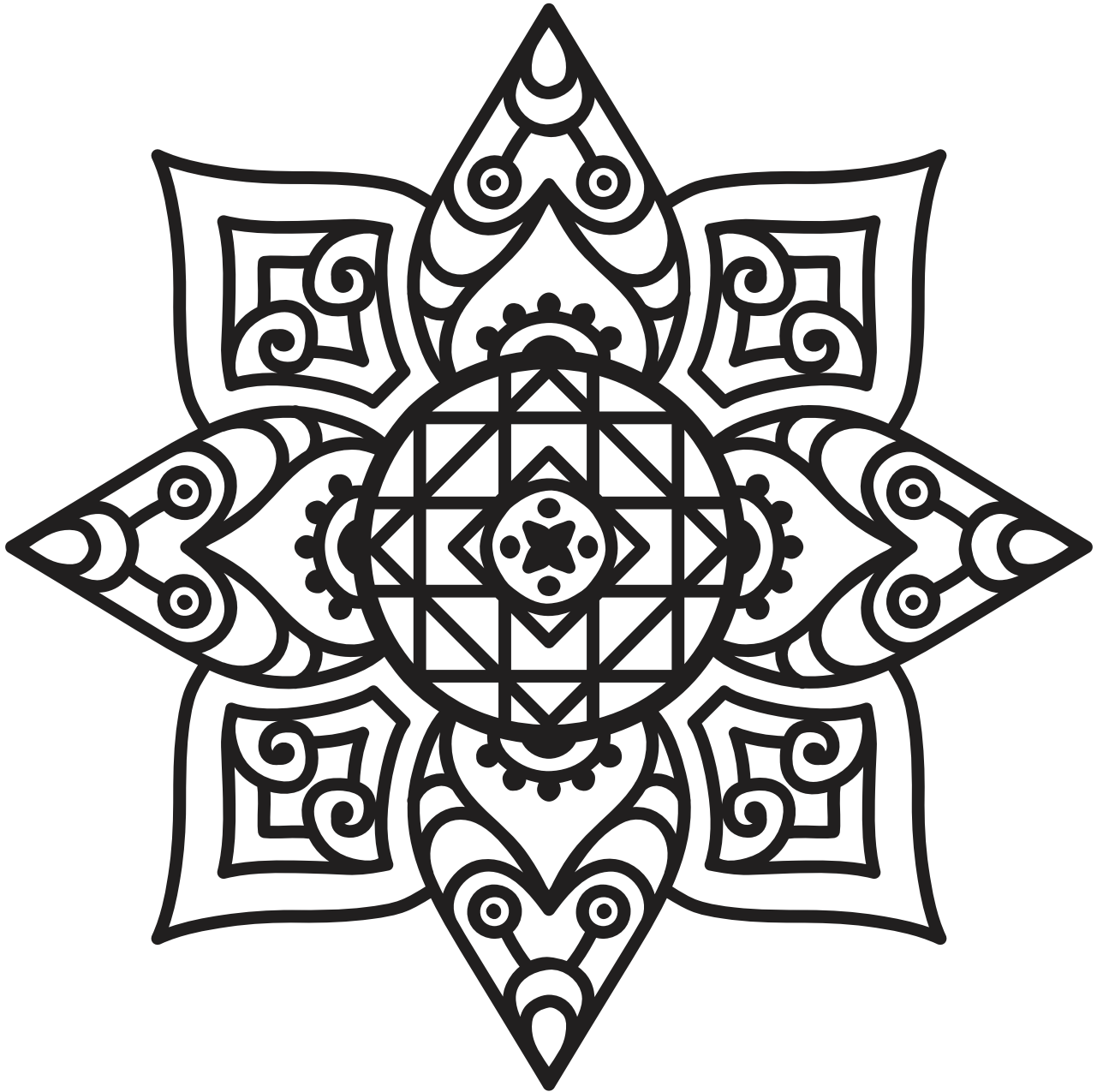


# Mindful Colouring



Acting with mindfulness is one of the many ways you can keep mentally healthy.

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement. It's not just for when you are feeling stressed or unwell, it can help any of us enjoy a more fulfilled life.

Colouring can be an enjoyable way of practising mindfulness. Colouring is good for us because it uses the part of our brain responsible for improving concentration, motor skills, problem solving and organisational skills.

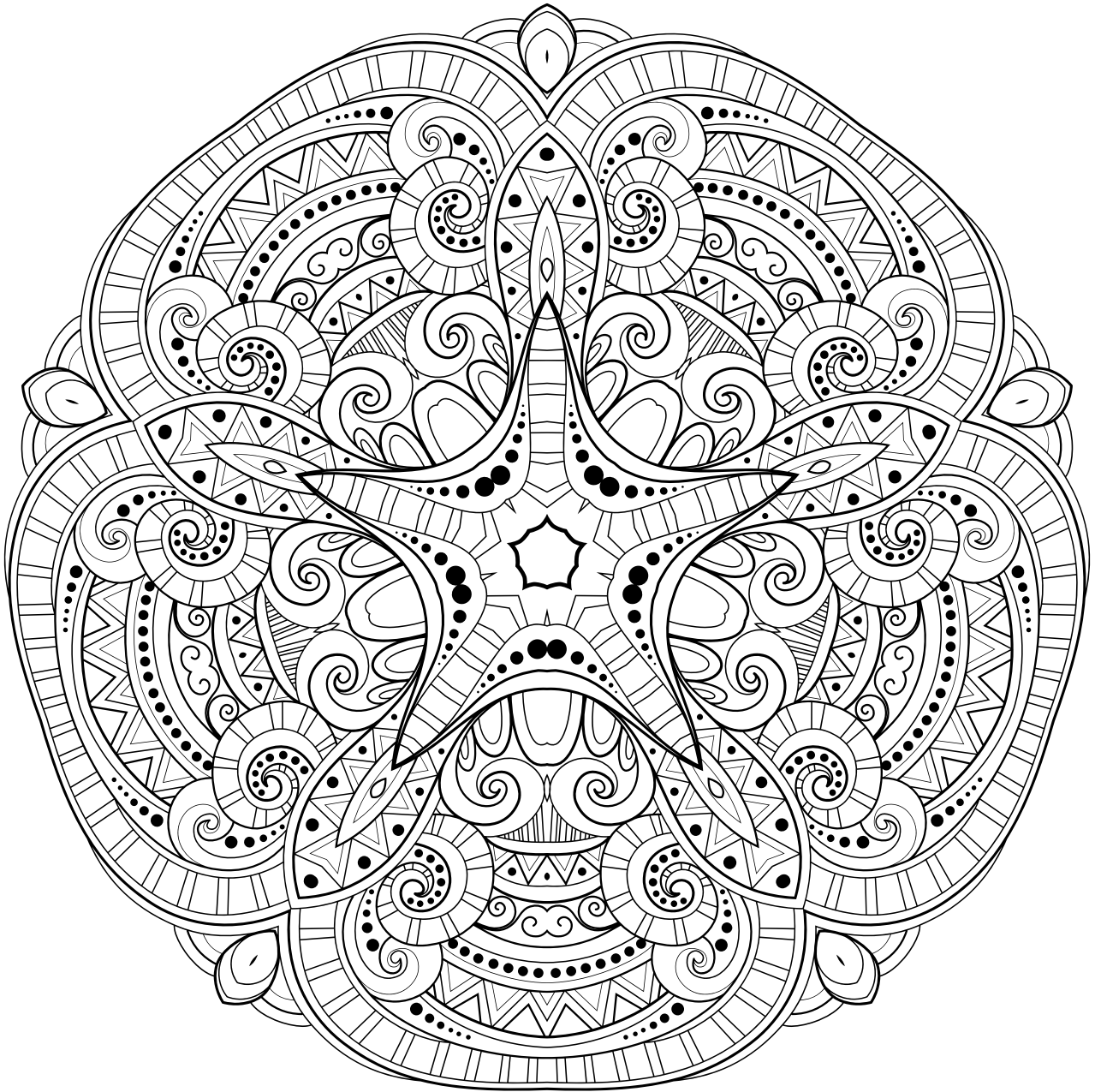
Enjoy some mindfulness today by colouring in this mandala.

**Being mentally healthy feels good!**

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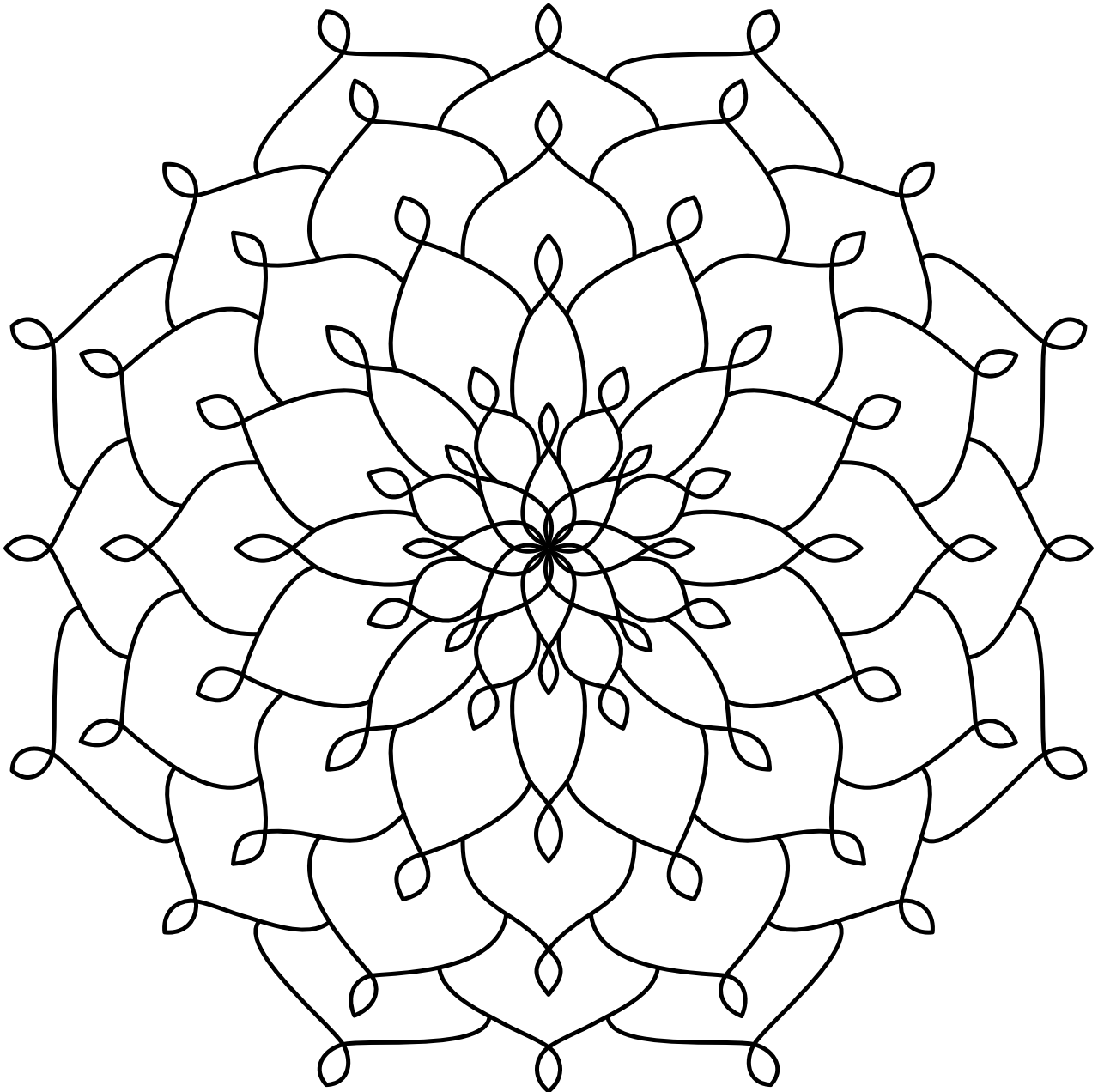
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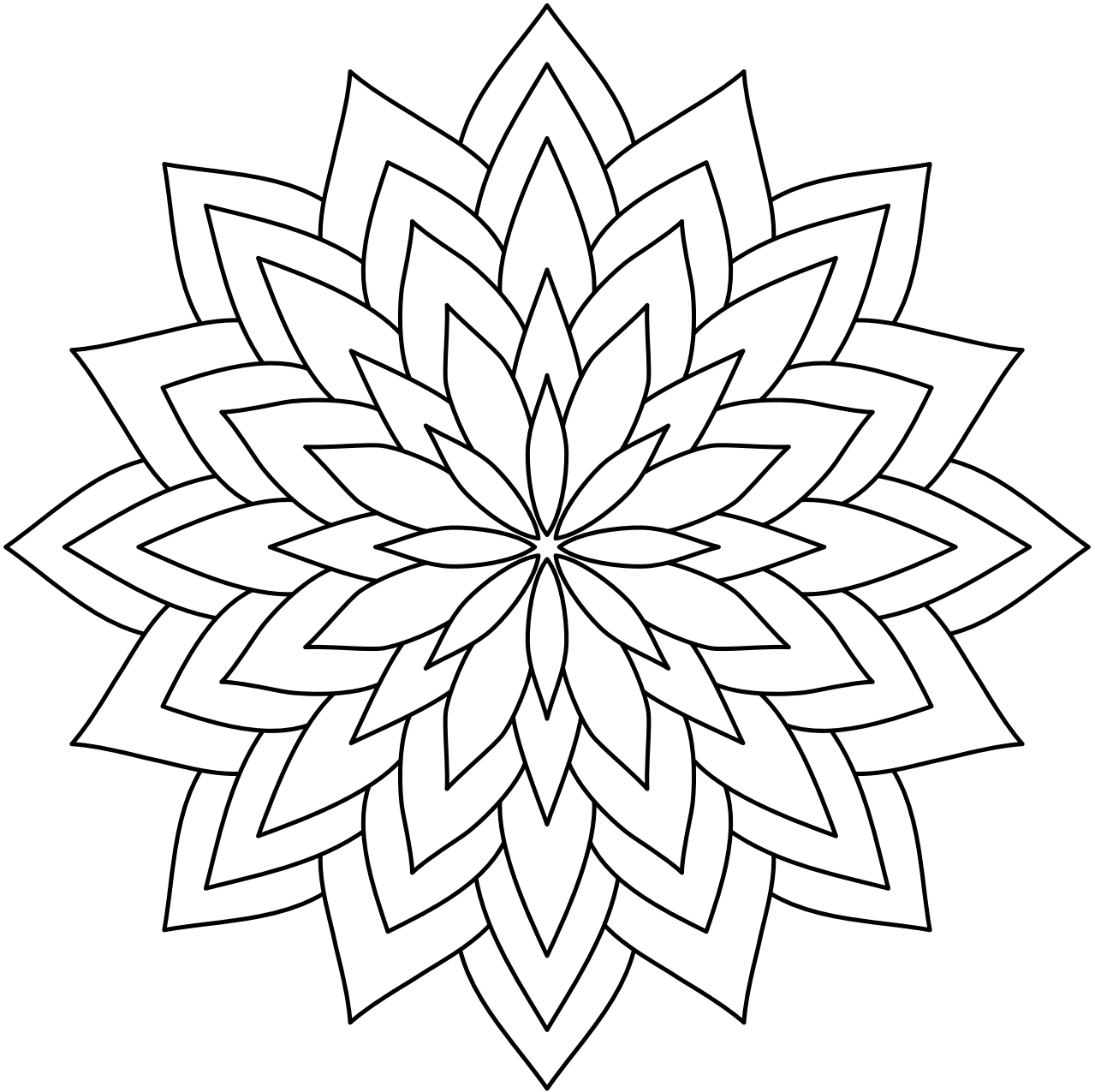
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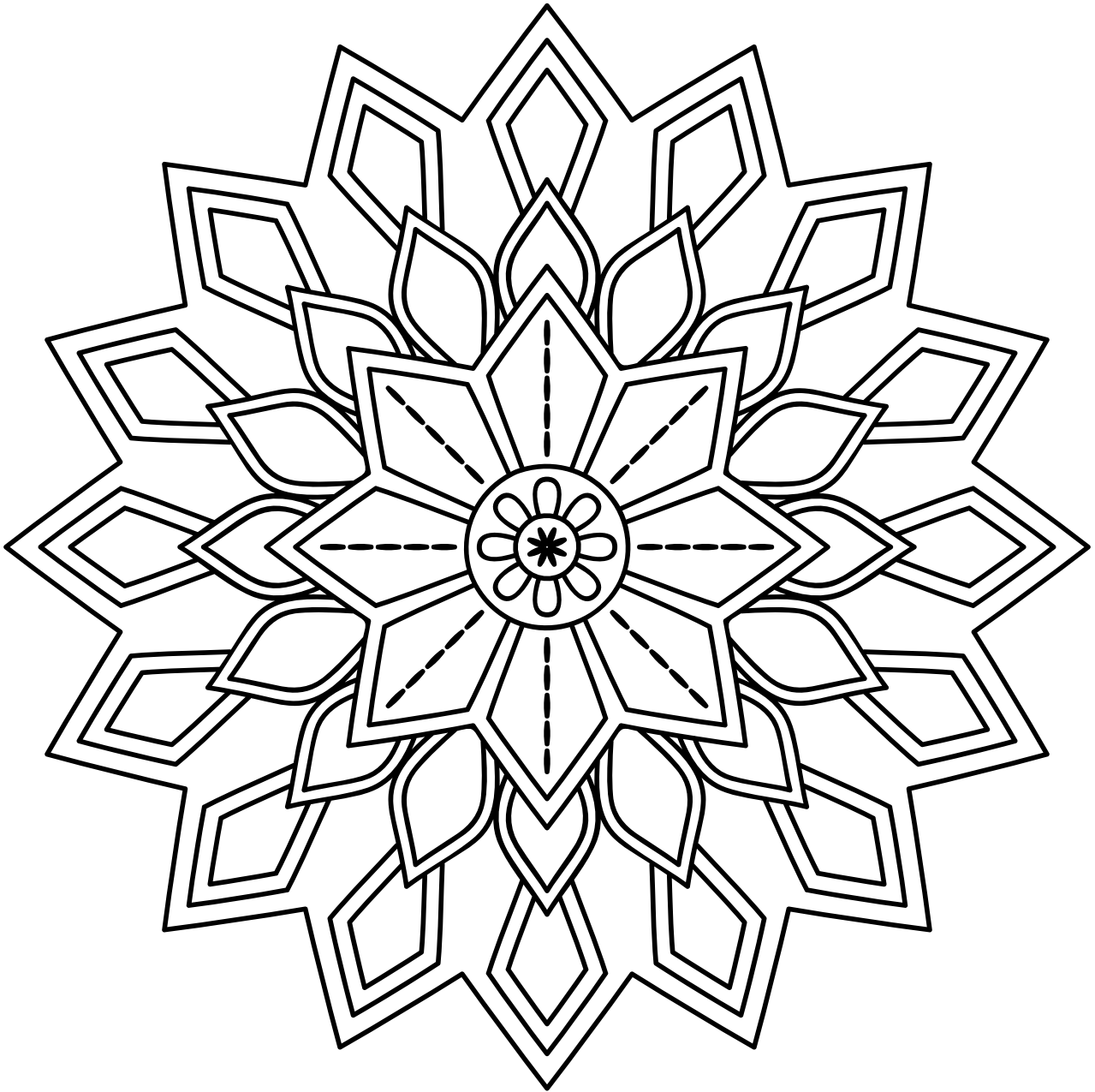
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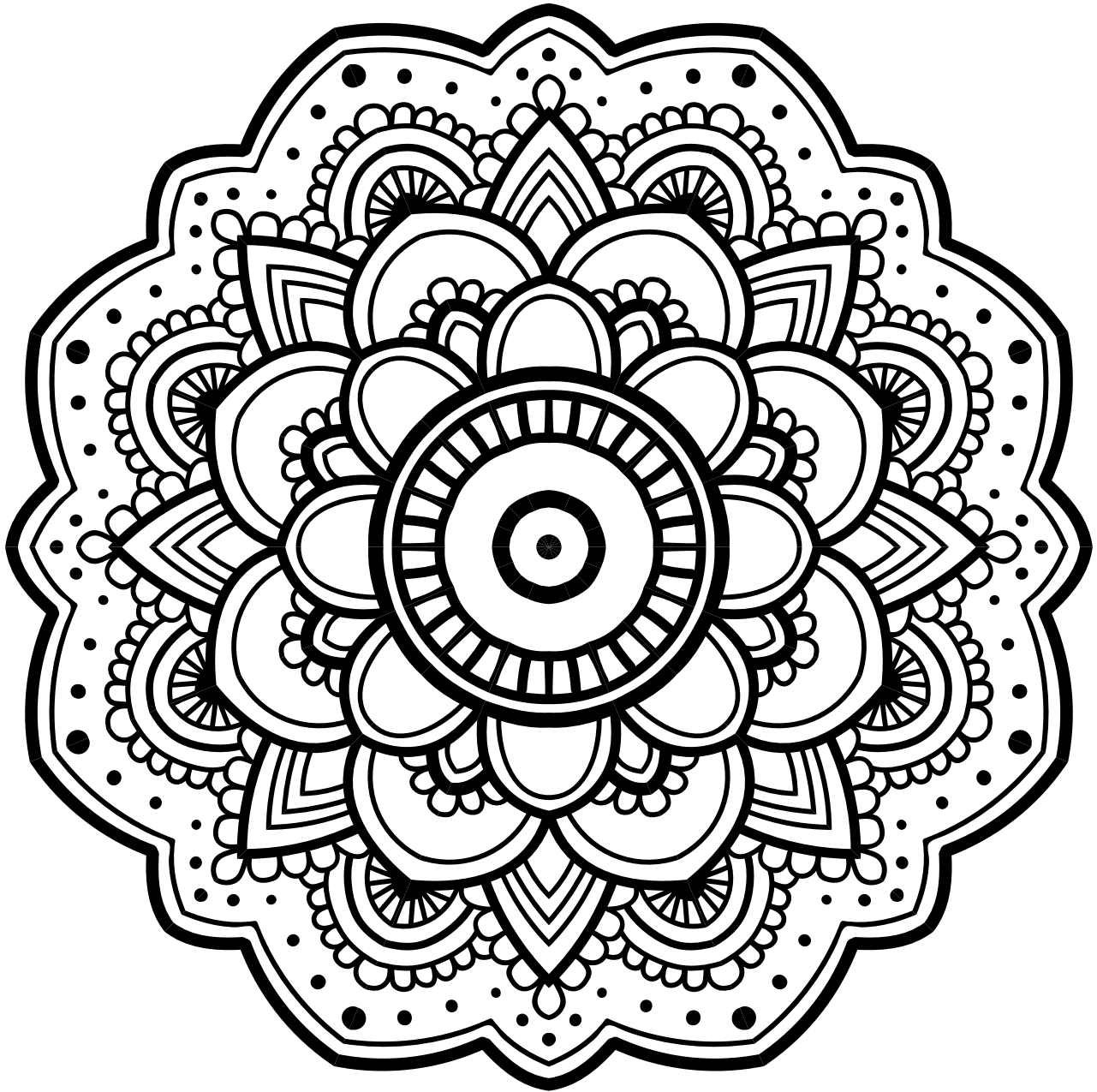
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