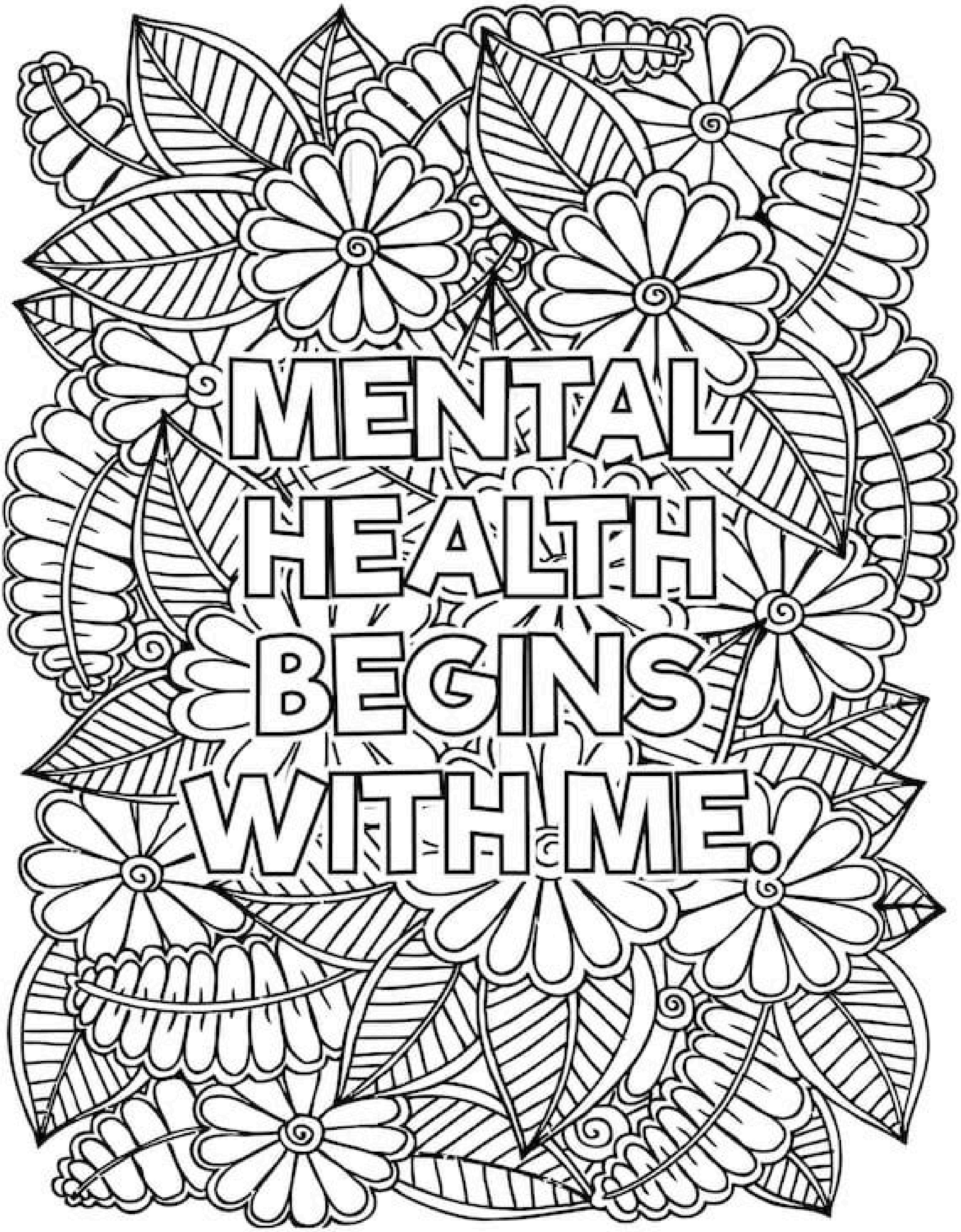
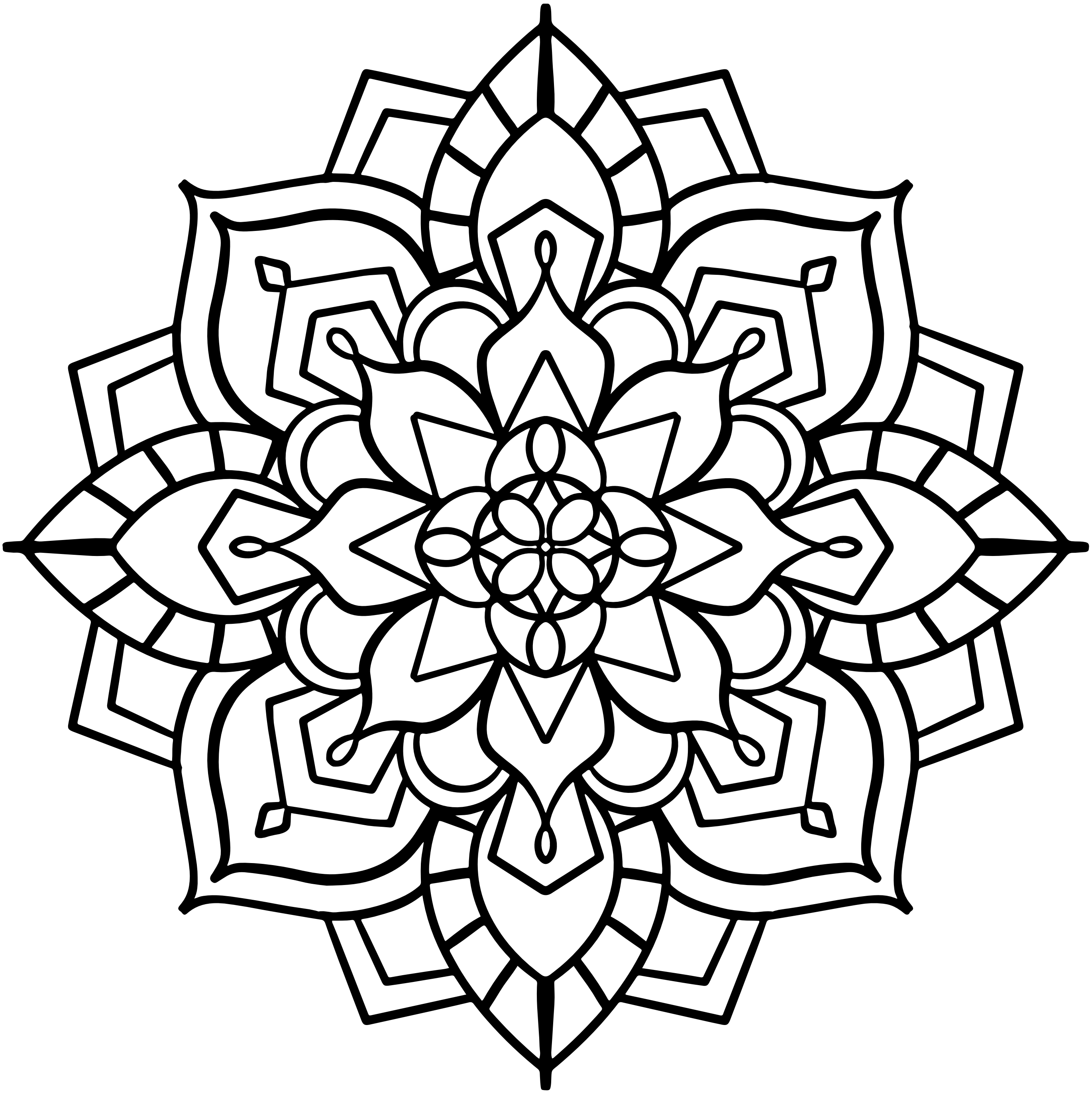

MENTAL
HEALTH
BEGINS
WITH ME.

MINDFUL MANDALA

The word ‘mandala’ means circle in the Sanskrit language. It represents the universe in Hinduism and Buddhism. It can be used to help people meditate.

Have a go at colouring in your mandala!



Why Colouring is Good for Mental Health

1

Reduces Stress and Anxiety

Colouring activates the brain's relaxation response, helping lower cortisol levels. It encourages a calm, meditative state similar to mindfulness.

2

Improves Focus and Concentration

The repetitive, structured activity of colouring helps focus the mind, which can reduce racing thoughts and improve mental clarity.

3

Encourages Mindfulness

Colouring draws your attention to the present moment – the shapes, colours, and movements – which can help ground you and ease worries.

4

Supports Emotional Expression

Choosing colours and creating patterns offers a non-verbal way to express feelings, especially useful if you're finding it hard to talk.

5

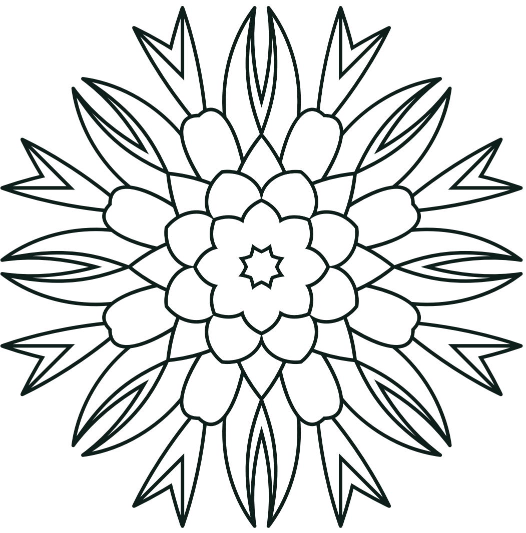
Provides a Sense of Achievement

Completing a picture can give a small but meaningful sense of accomplishment, boosting mood and self-esteem.

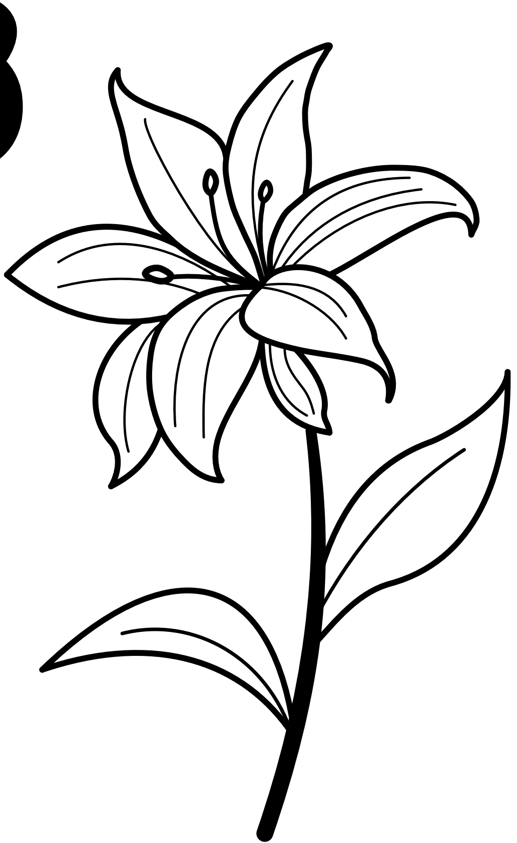
6

Accessible and Low-Pressure

Unlike other creative activities, there's no need to be "good" at it — it's about the process, not the outcome.

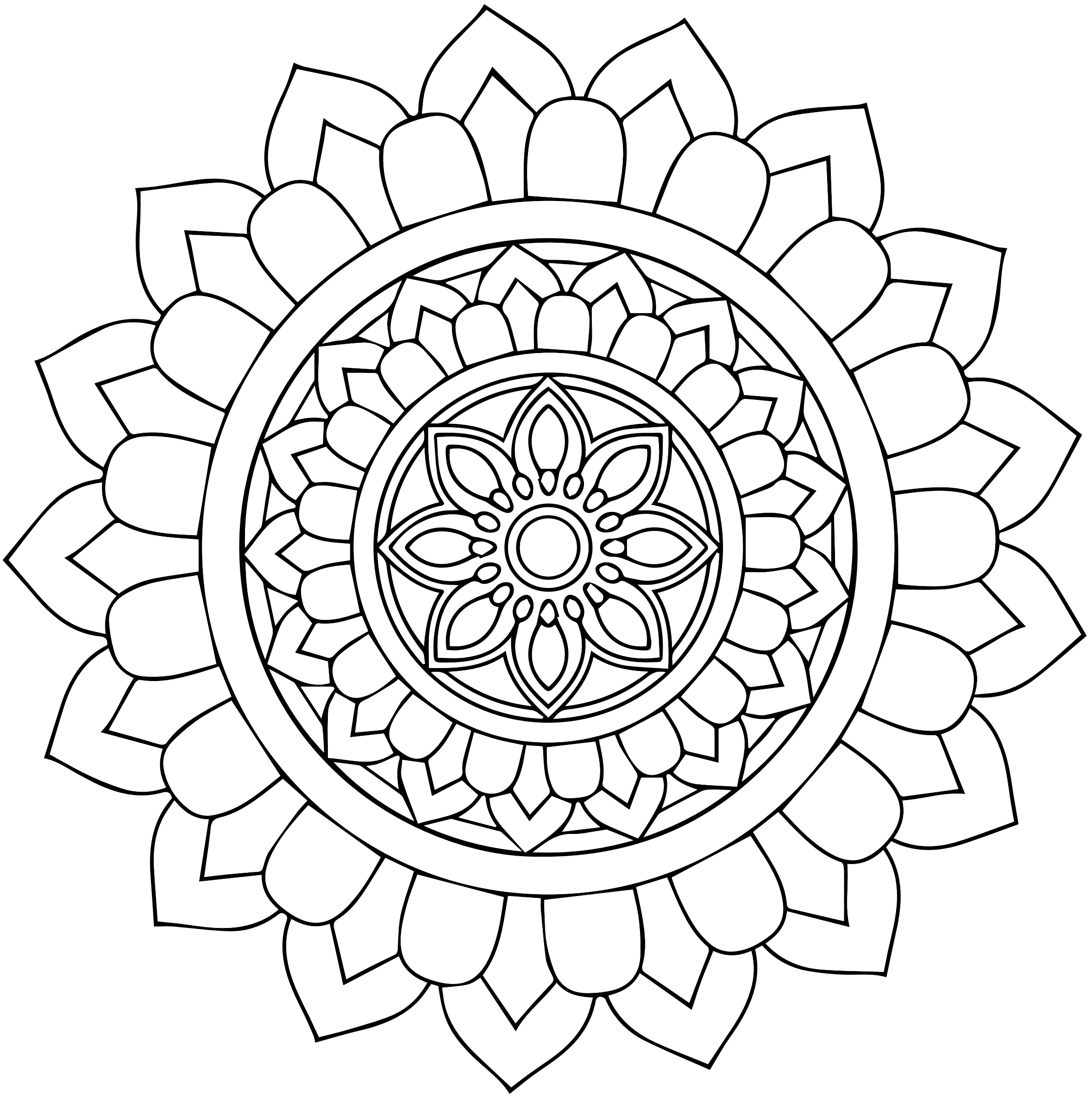


5
Mental
Health
Tips



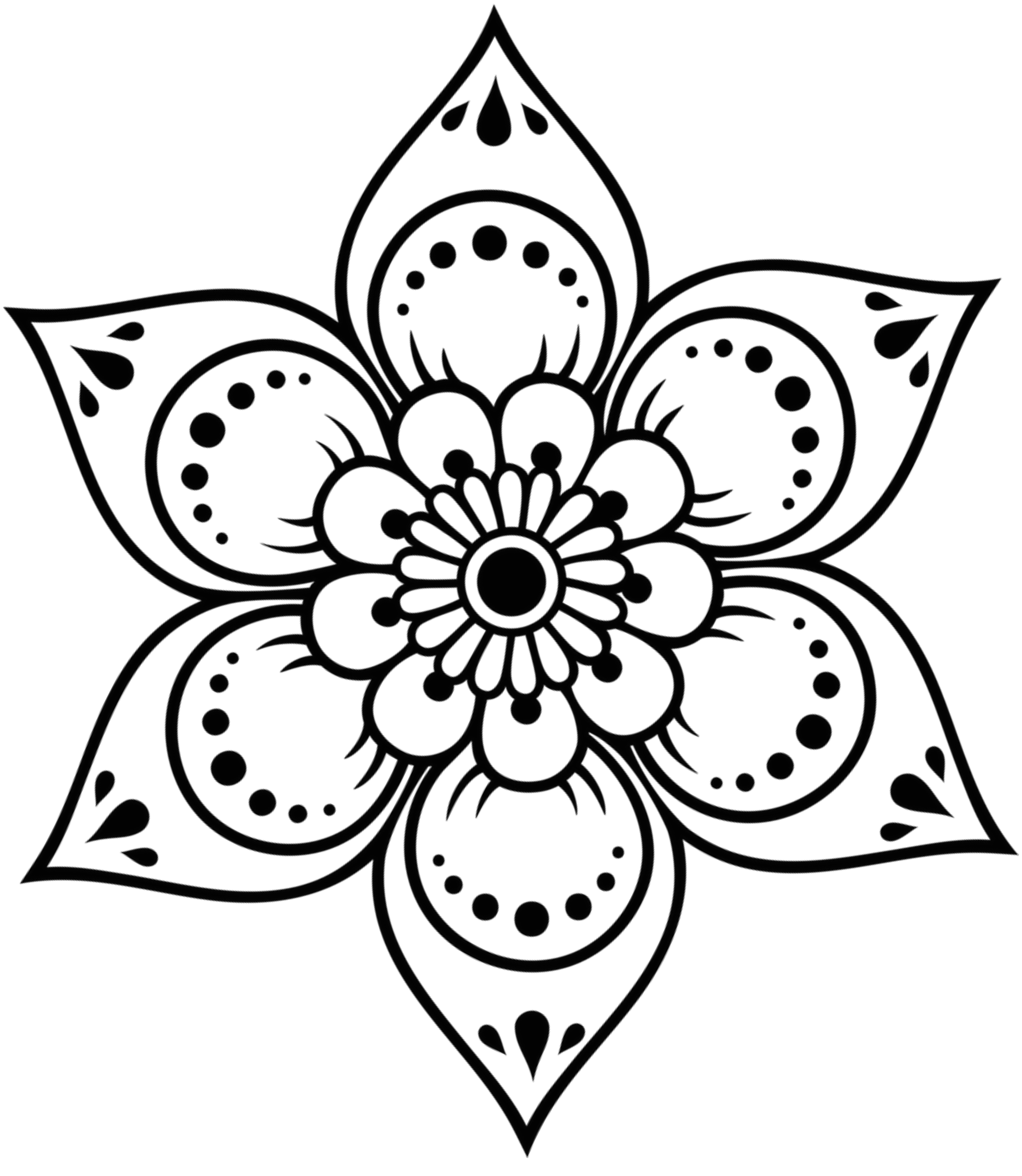
Prioritise Sleep.

Good sleep is the foundation of mental wellbeing. Aim for 7–9 hours per night, keep to a regular sleep routine, and reduce screen time before bed.



Stay Connected

Talk regularly with someone you trust—be it a friend, family member, or colleague. Social connection helps ease stress and lift your mood.

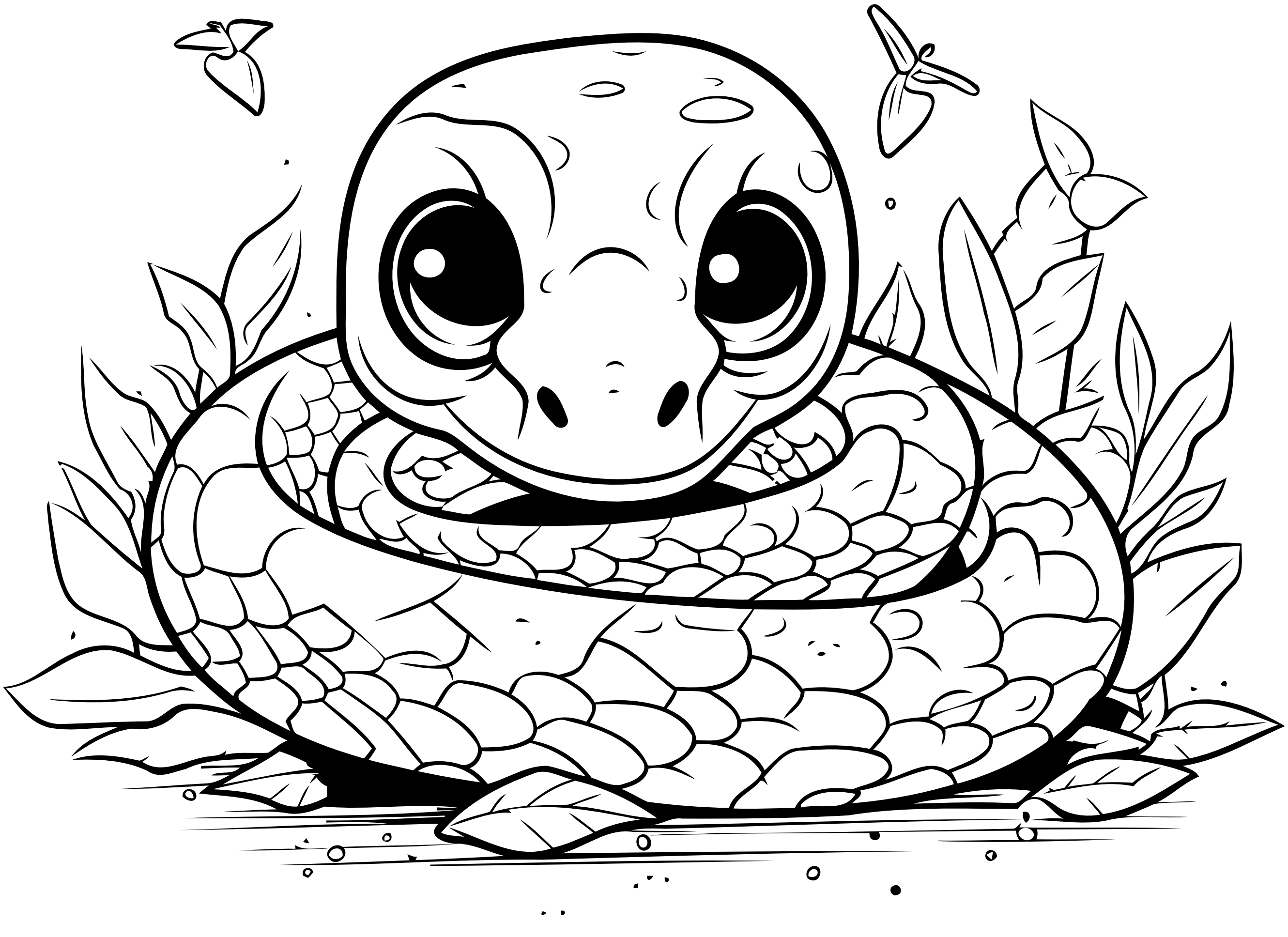


Take Mindful Breaks

Even 5–10 minutes of mindfulness, deep breathing, or stepping outside during your day can help reduce anxiety and improve focus.

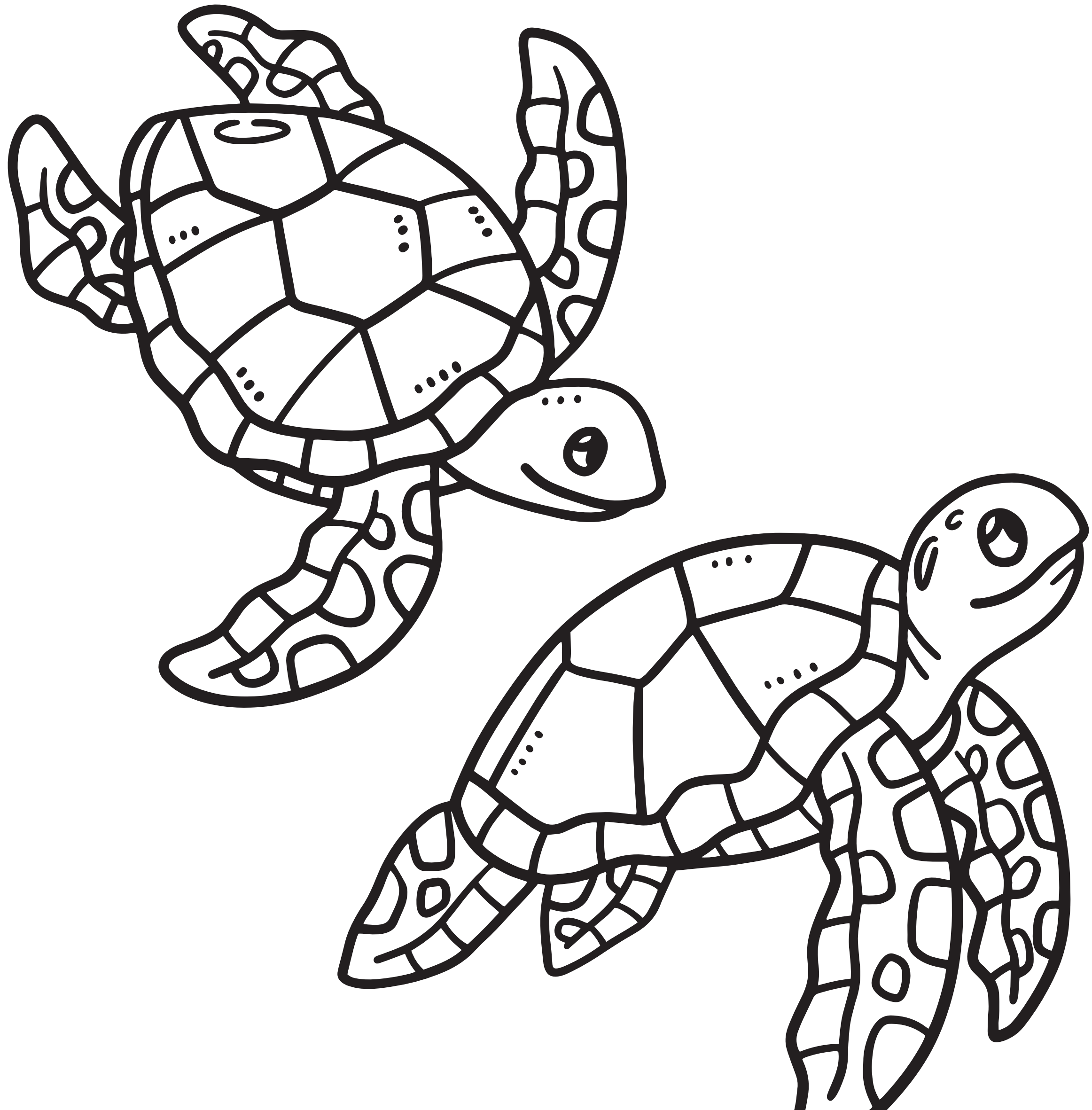
Set Realistic Boundaries

It’s okay to say no. Set clear limits around work and personal demands. Protecting your time and energy supports long-term wellbeing.



Keep Moving

Physical activity like walking, stretching, or gentle exercise can boost your mood, ease tension, and support better mental health.

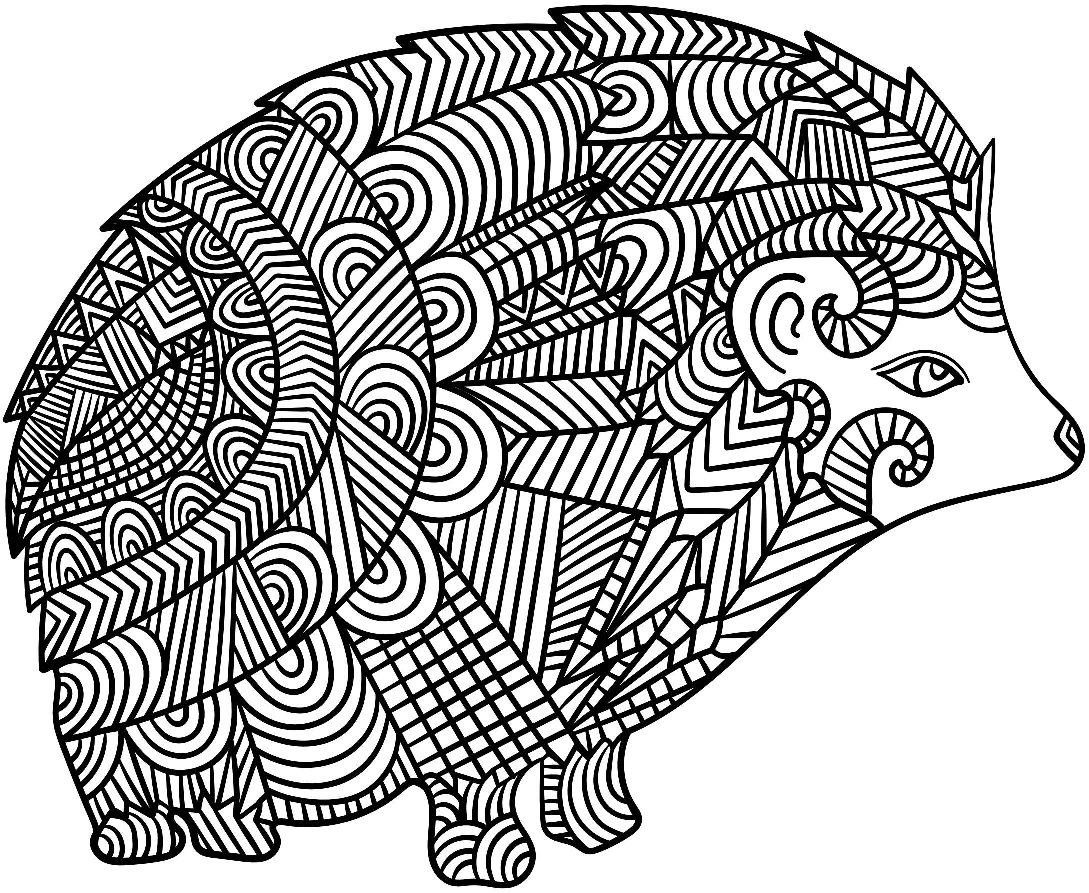


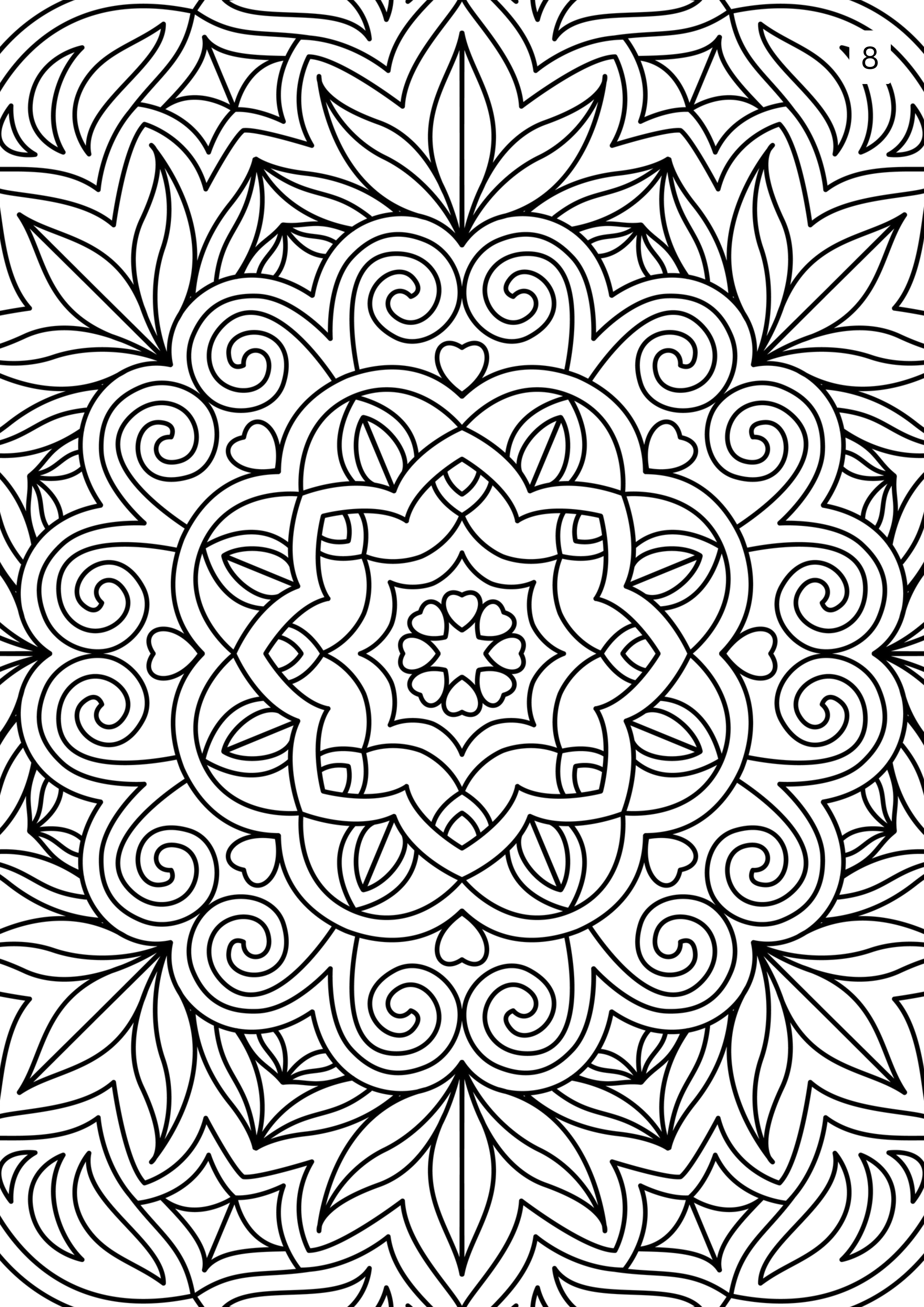
Know Where to Get Support

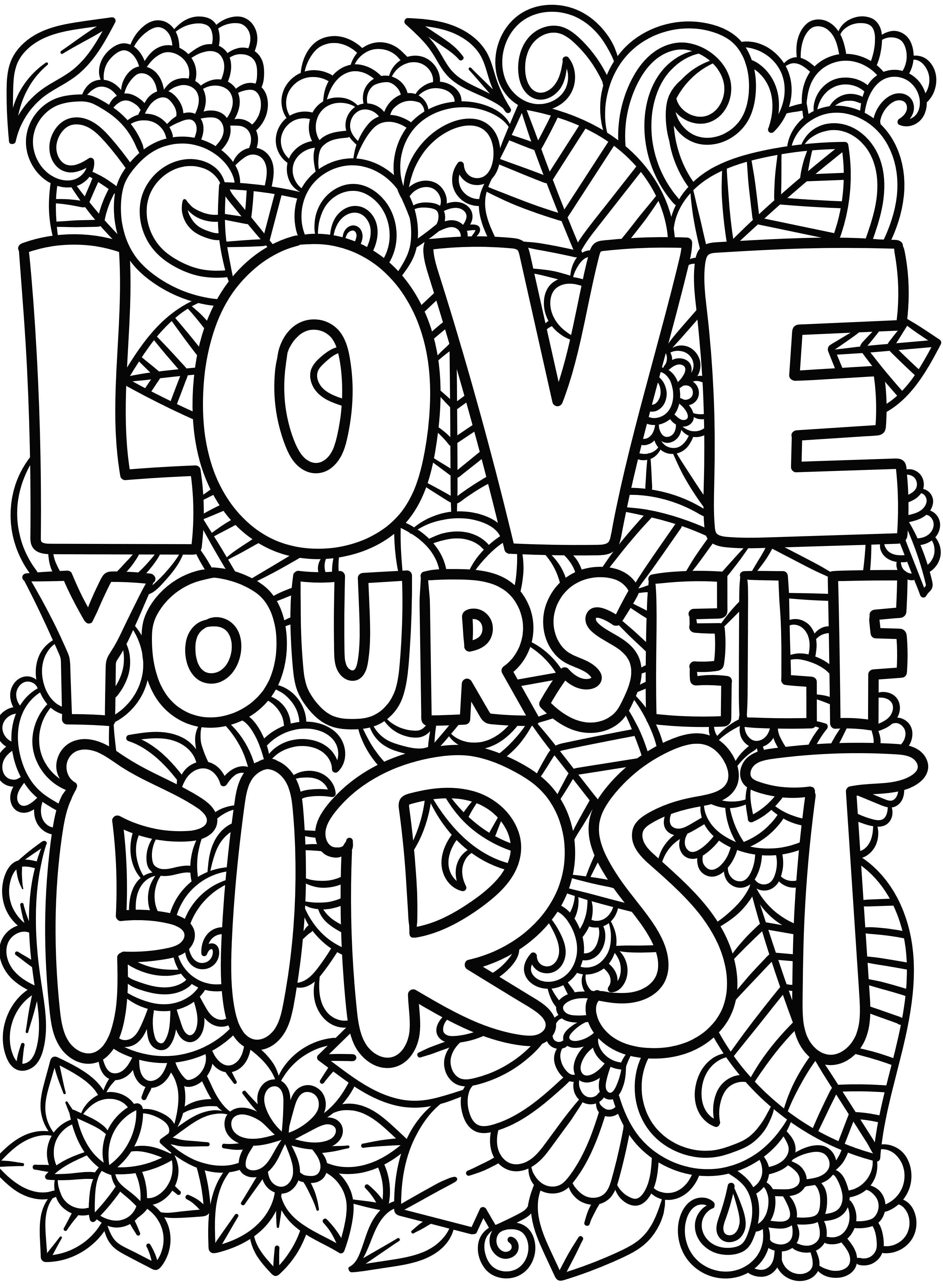
If you're struggling, you're not alone—help is available. You can speak to your GP, or contact a support service such as:

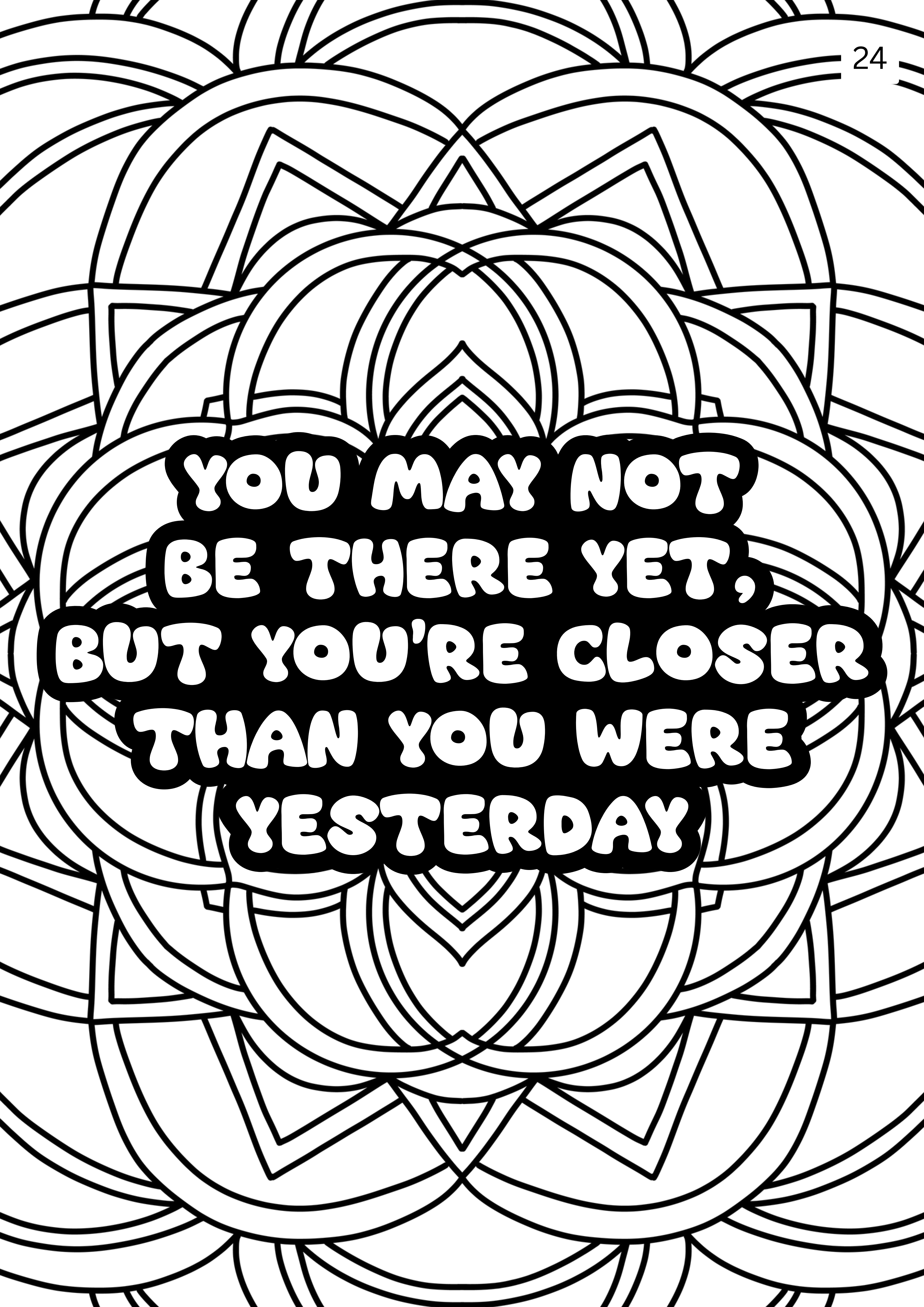
- **Samaritans – Call 116 123 (free, 24/7)**
- **Shout – Text SHOUT to 85258 for free, confidential text support**
- **Mind – Visit mind.org.uk or call 0300 123 3393**

For urgent mental health crises, contact NHS 111 or go to your nearest A&E.



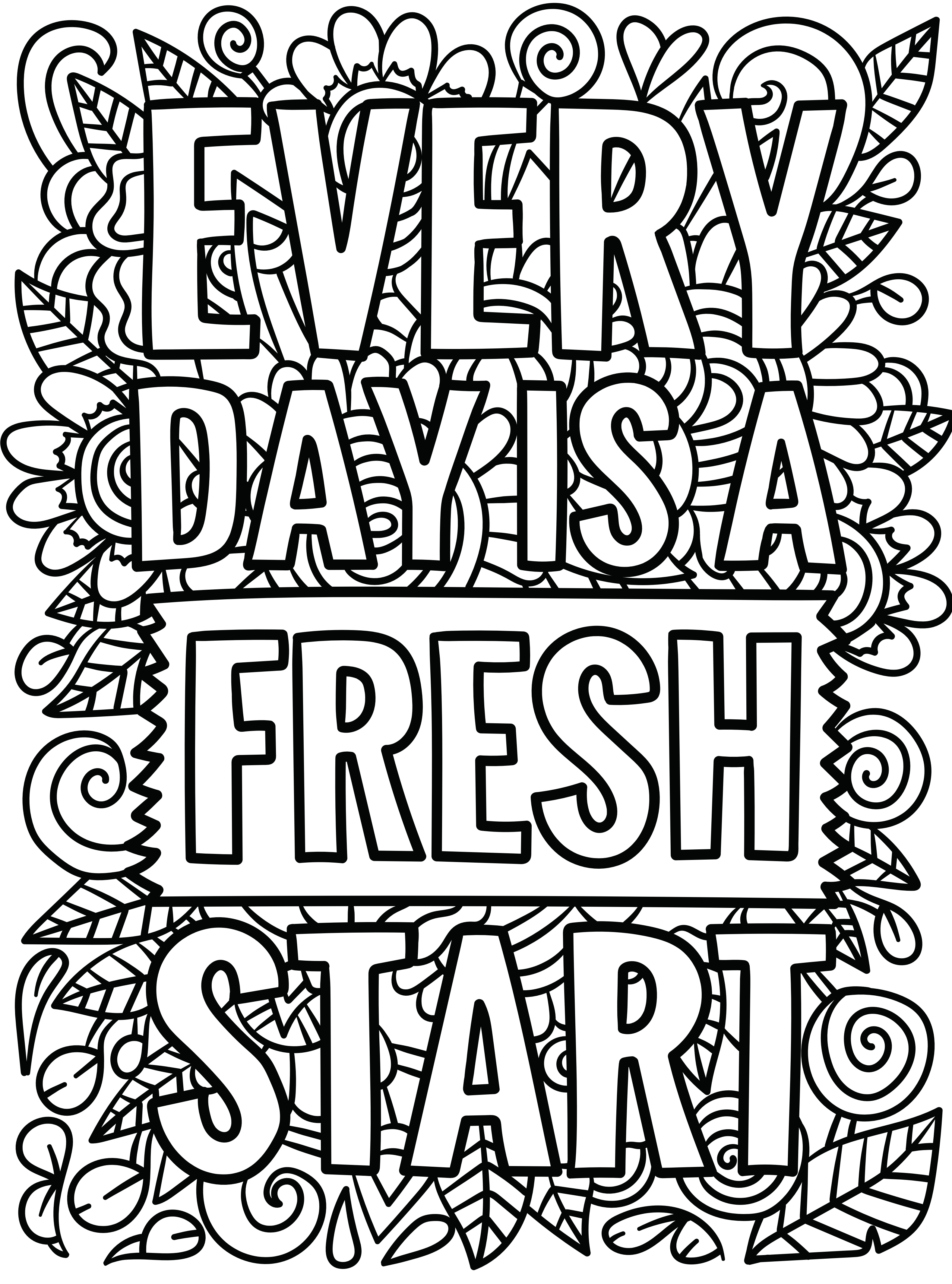



LOVE
YOURSELF
FIRST

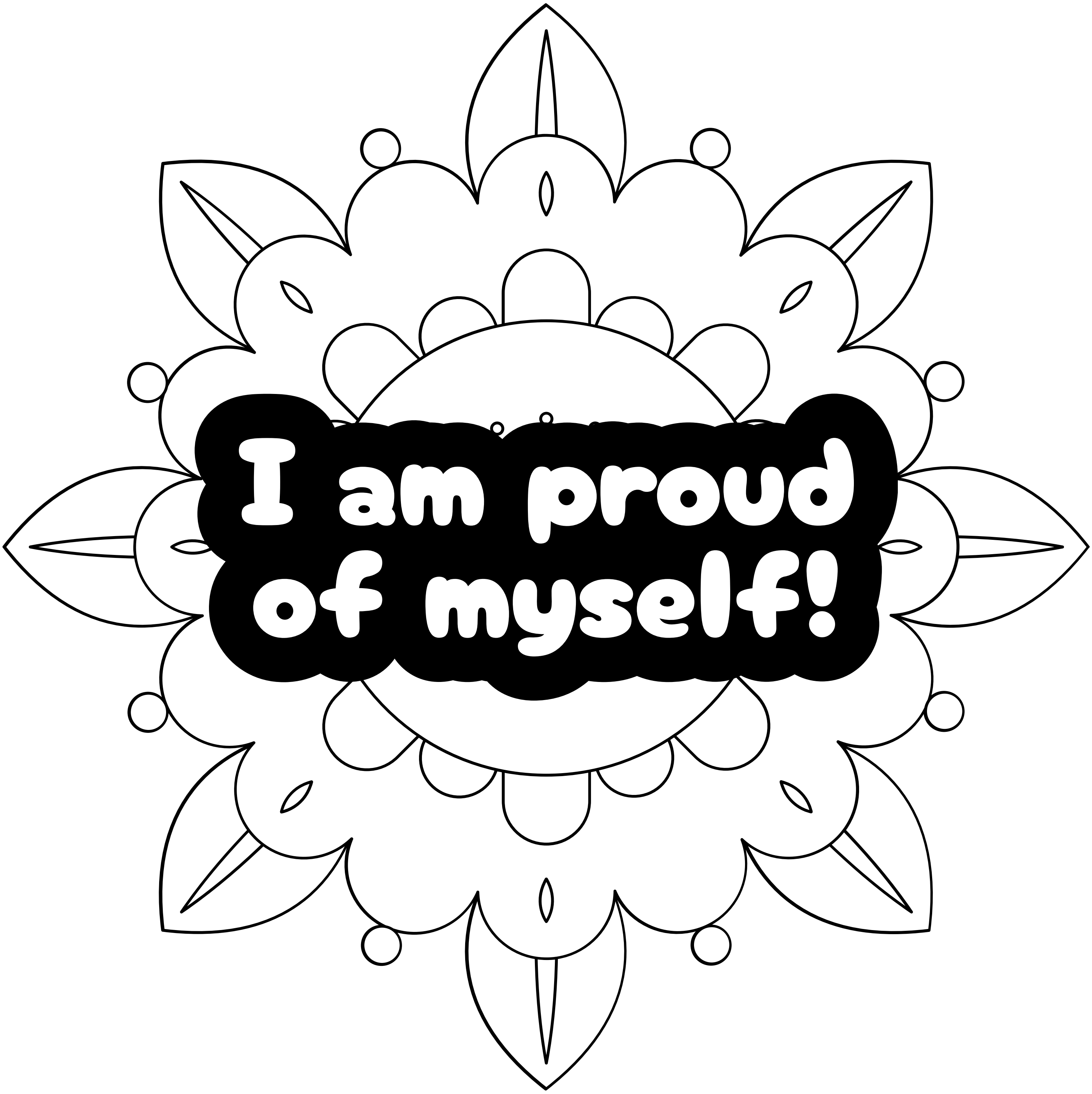


YOU MAY NOT
BE THERE YET,
BUT YOU'RE CLOSER
THAN YOU WERE
YESTERDAY

ONE THING
AT A TIME.

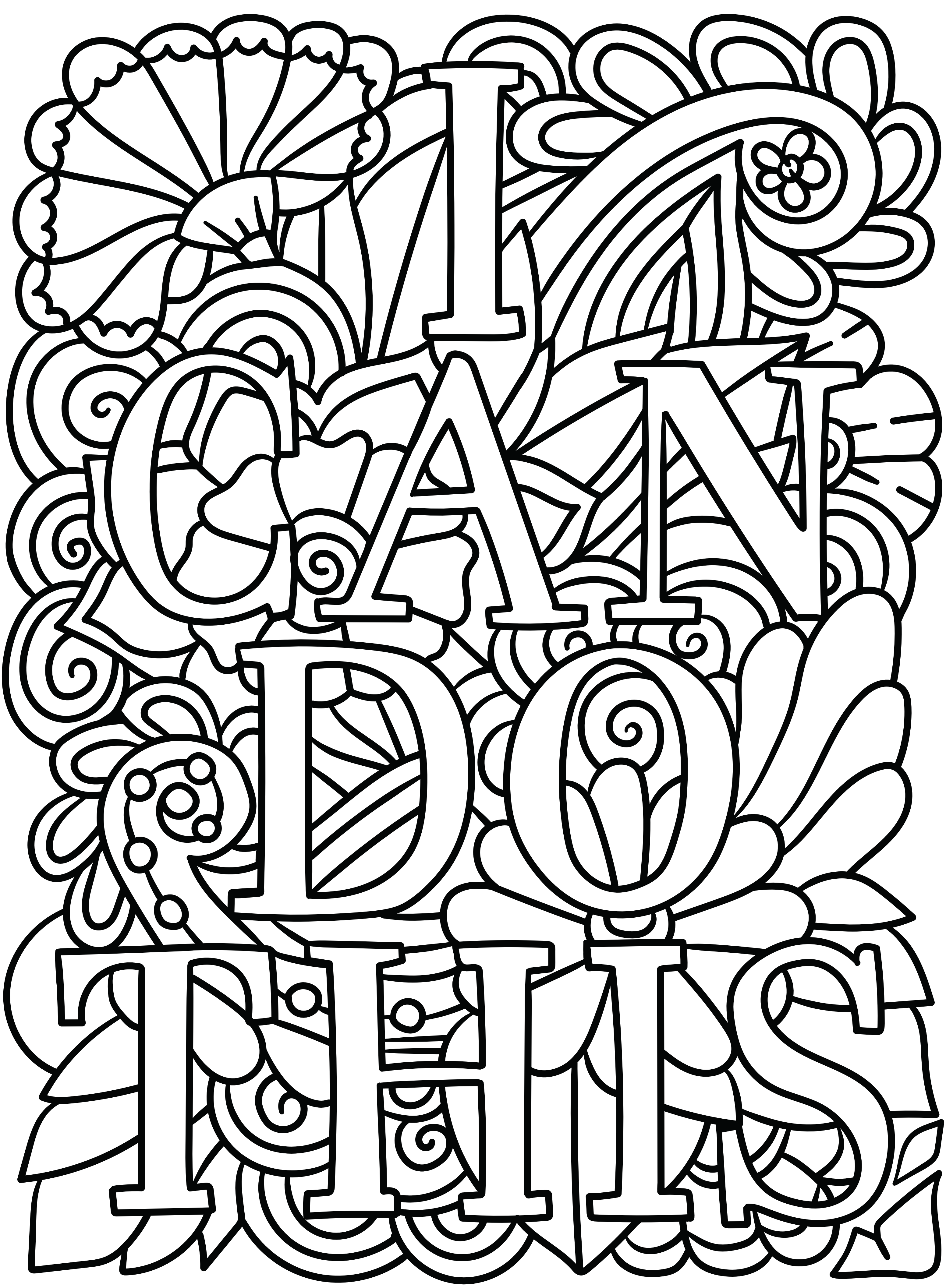

EVERY
DAY IS A
FRESH
START

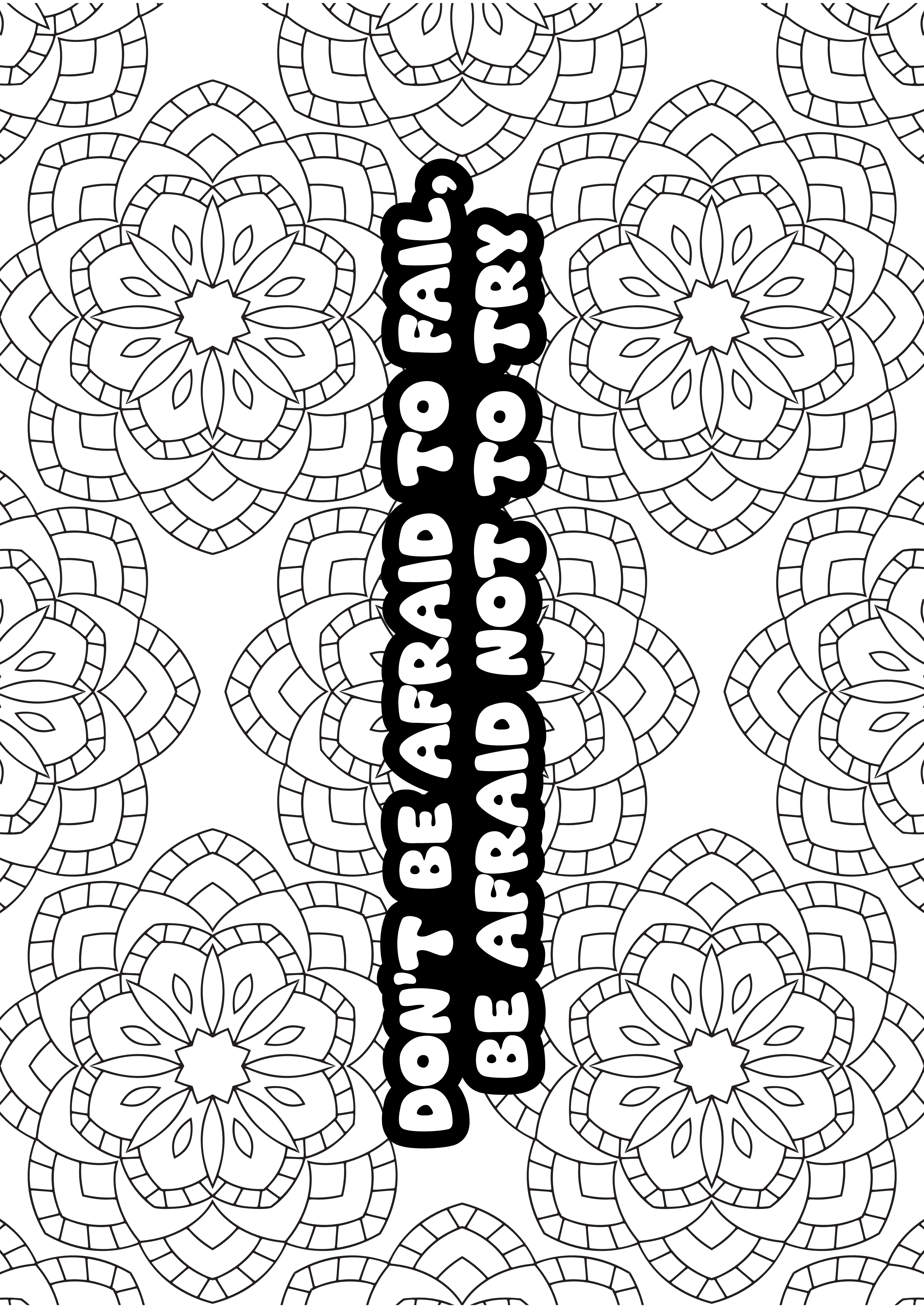
I AM STRONG
I AM CAPABLE
I AM RESILIENT


I am proud
of myself!

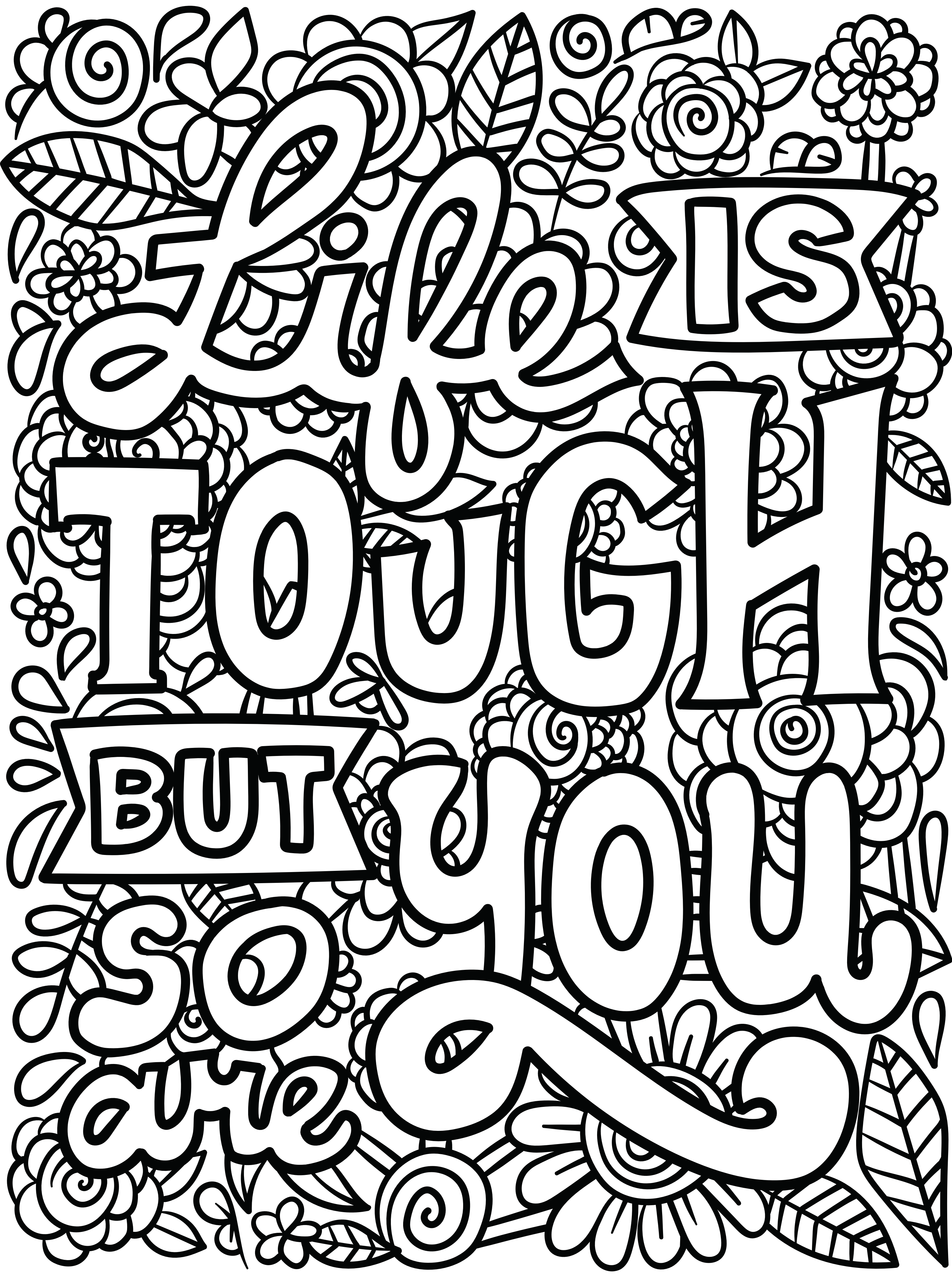
I make myself
a priority

I am doing
the best
that I can

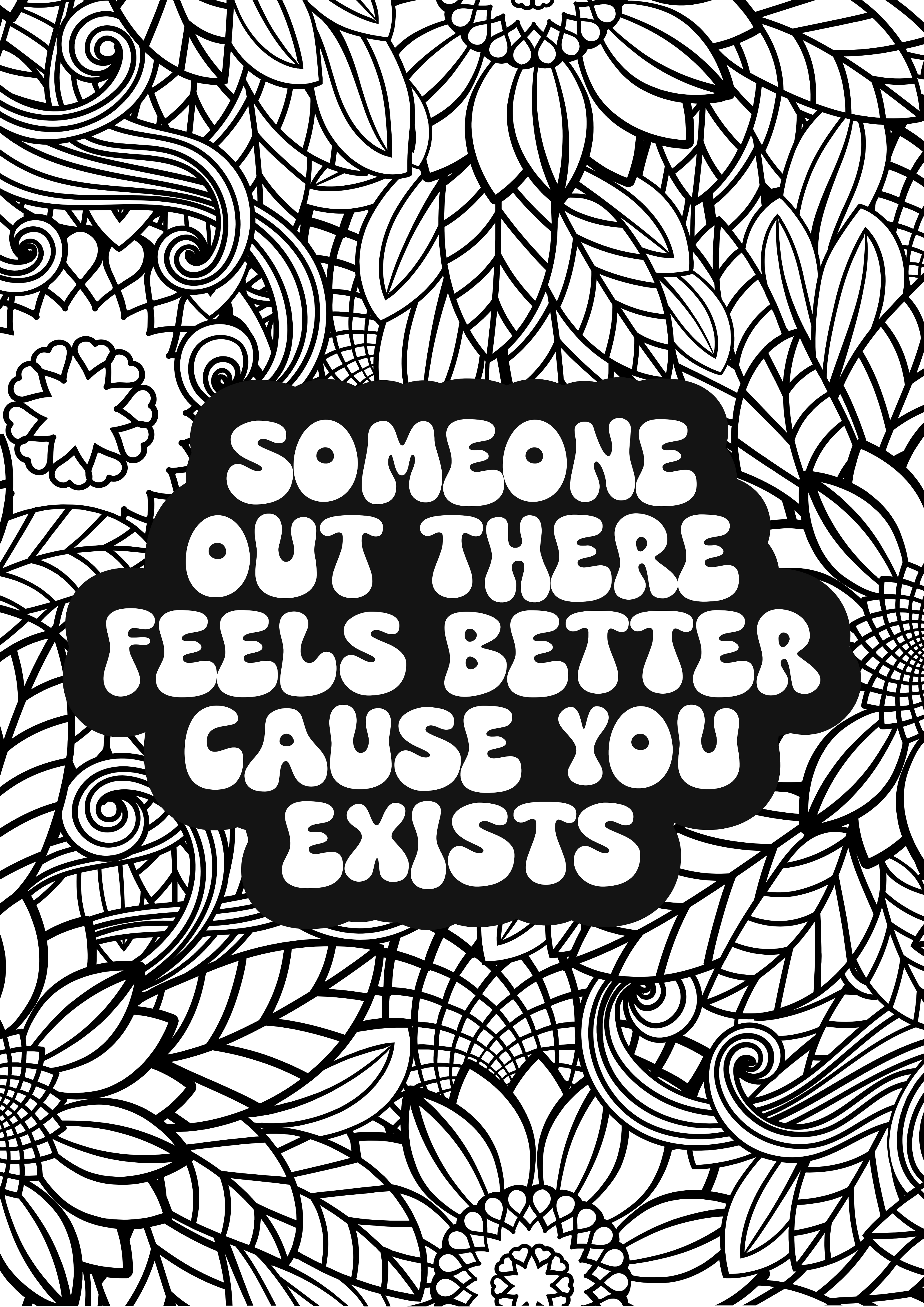

I
CAN
DO
THIS

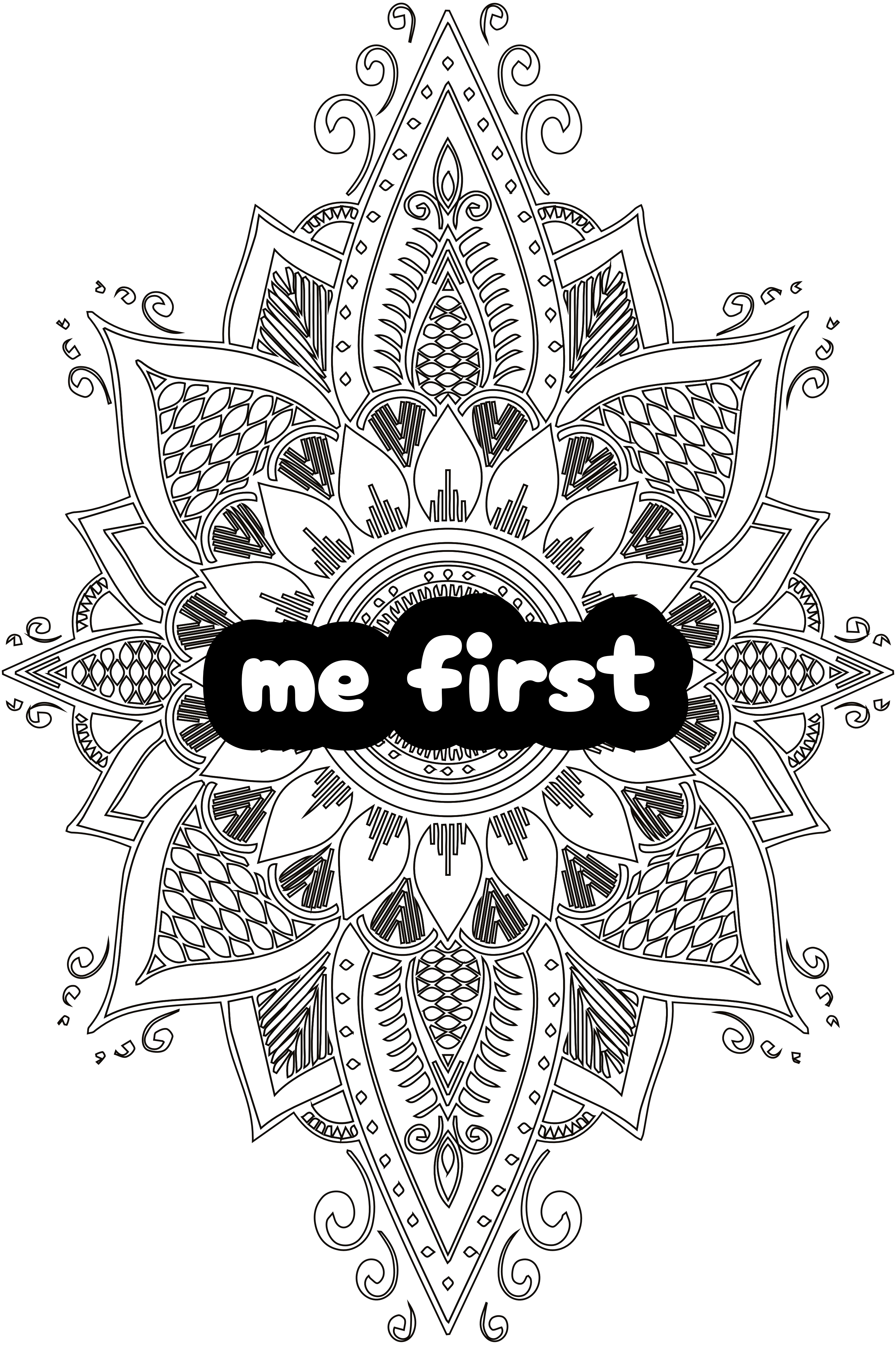

DON'T BE AFRAID TO FAIL,
BE AFRAID NOT TO TRY

I am perfectly
imperfect!

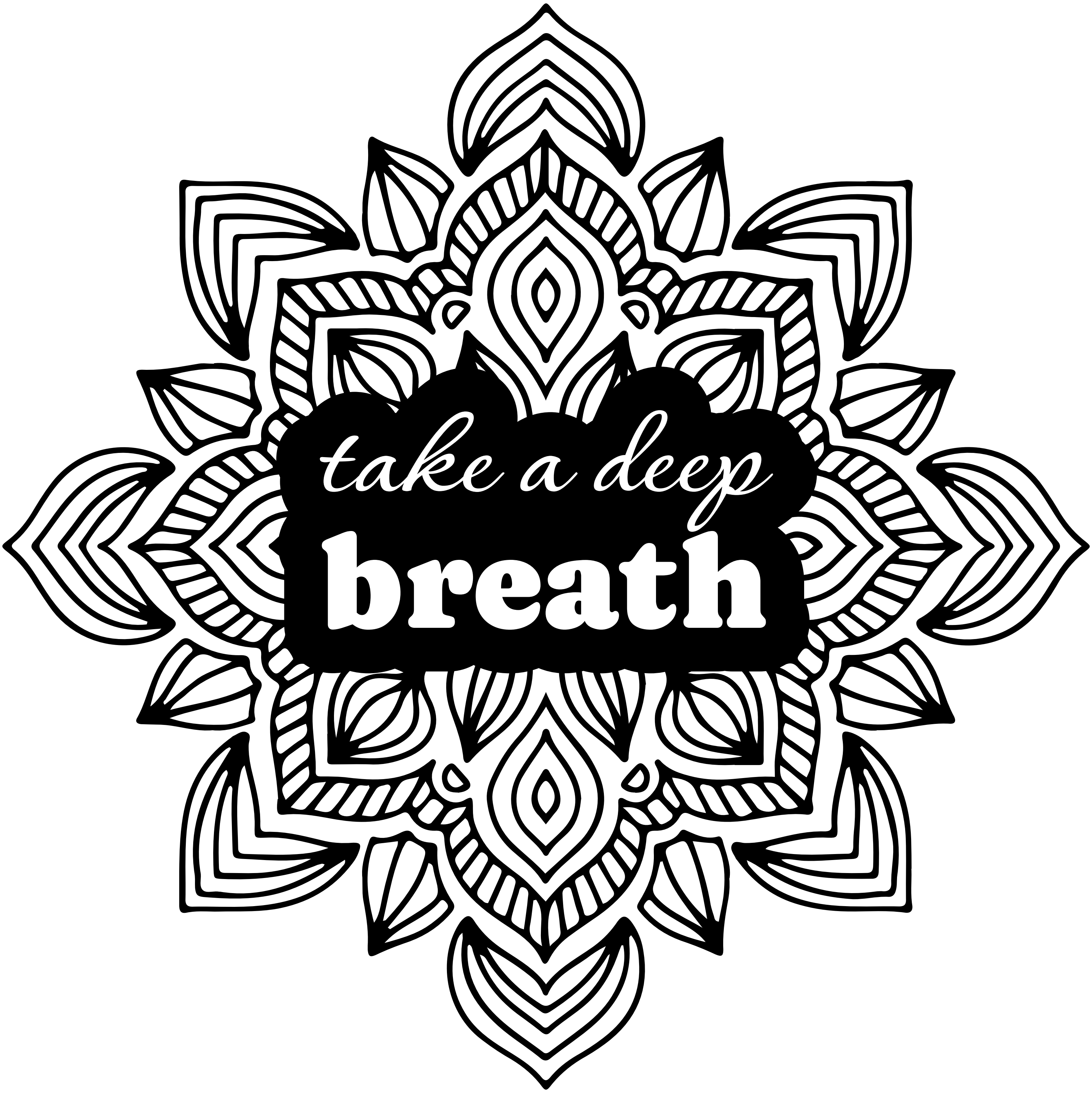

Life IS
TOUGH
BUT you
so
are

it’s okay to
slow down


SOMEONE
OUT THERE
FEELS BETTER
CAUSE YOU
EXISTS


me first

YOU CAN'T HEAL
WHAT YOU DON'T
LET YOURSELF FEEL


take a deep
breath

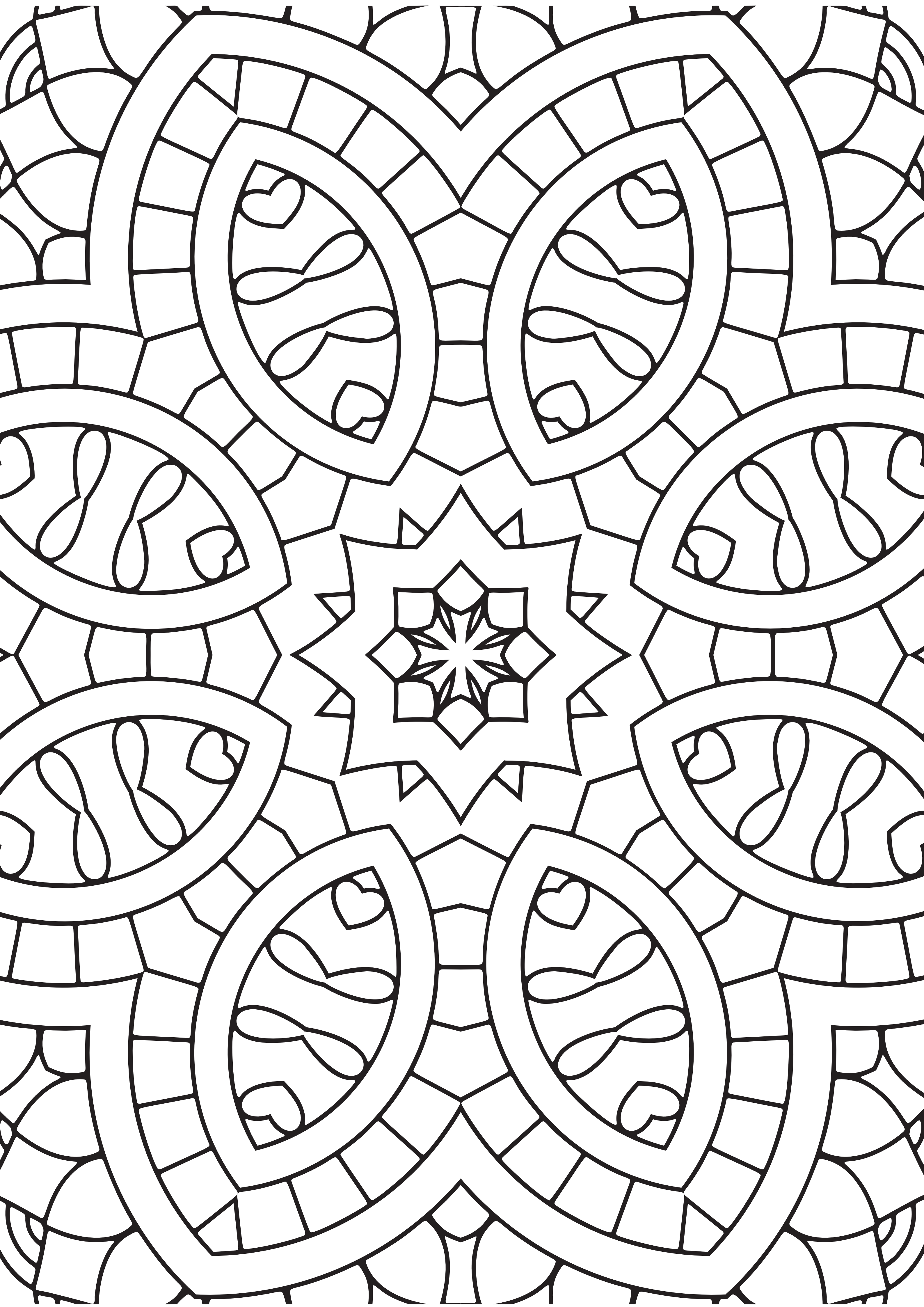
ENJOY
every
MOMENT

I am doing my best

good things
are coming

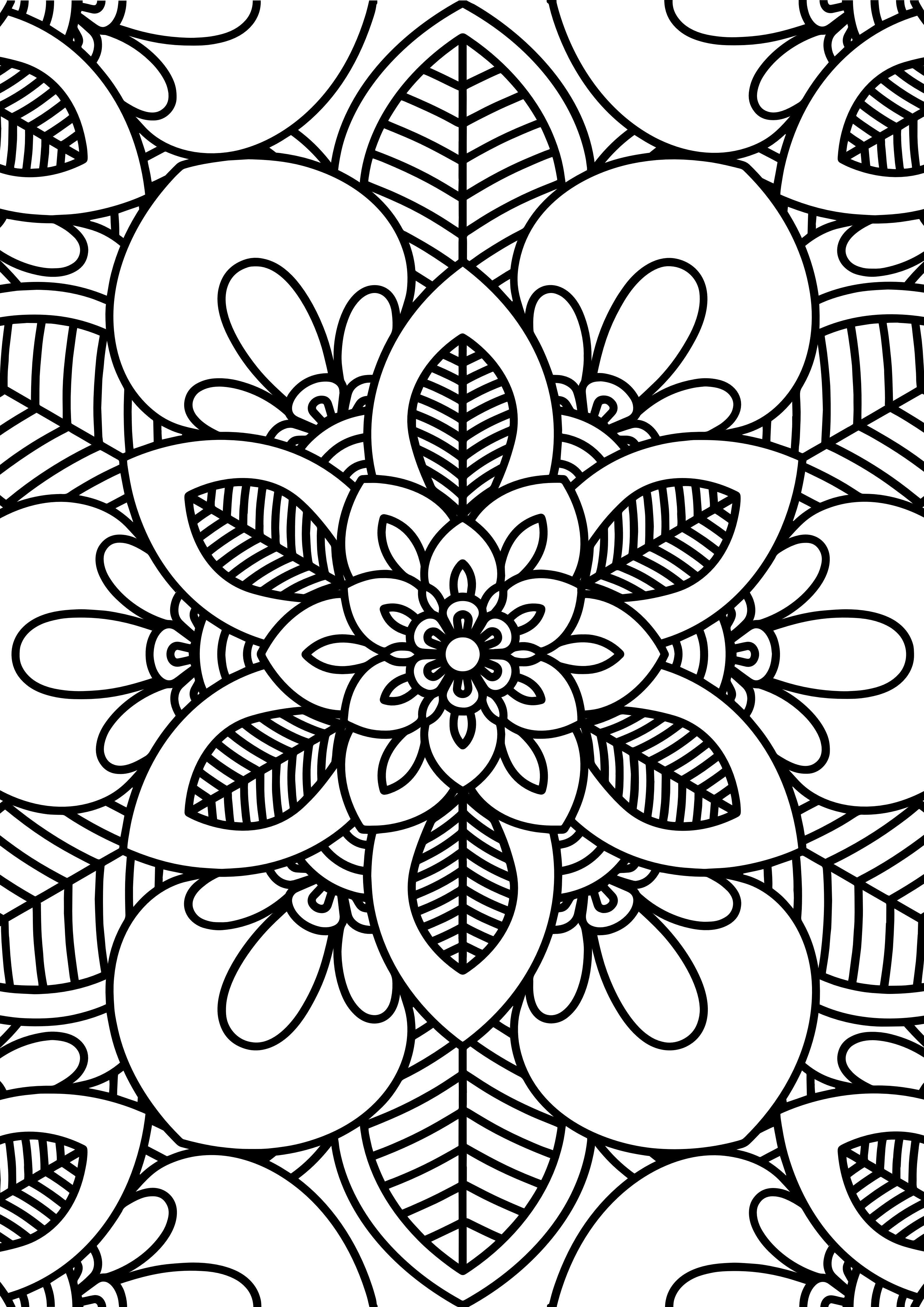
let go of
what you
can’t control

work on YOU
FOR you

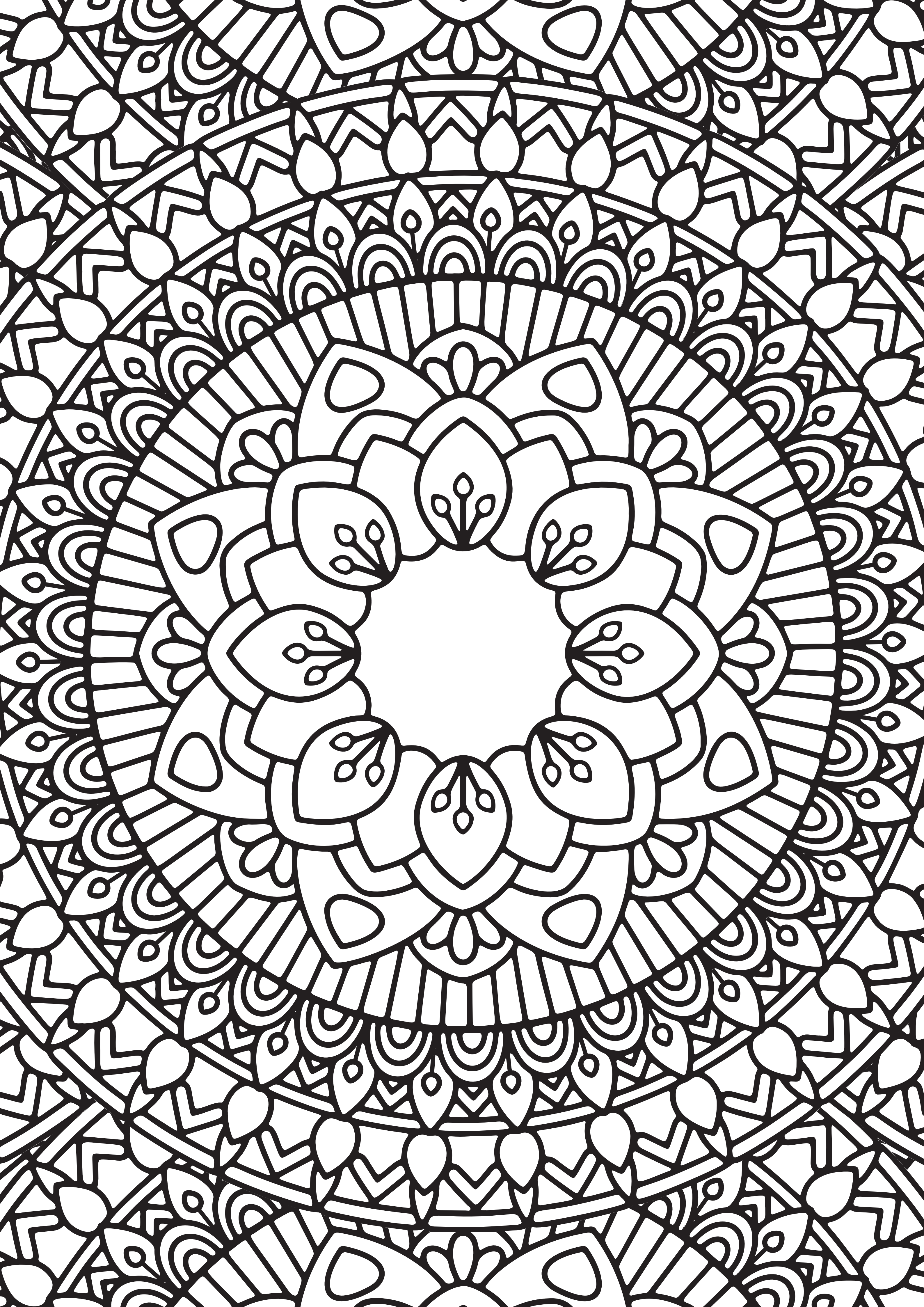


DON'T RUIN
A GOOD DAY
THINKING
OF A BAD
YESTERDAY

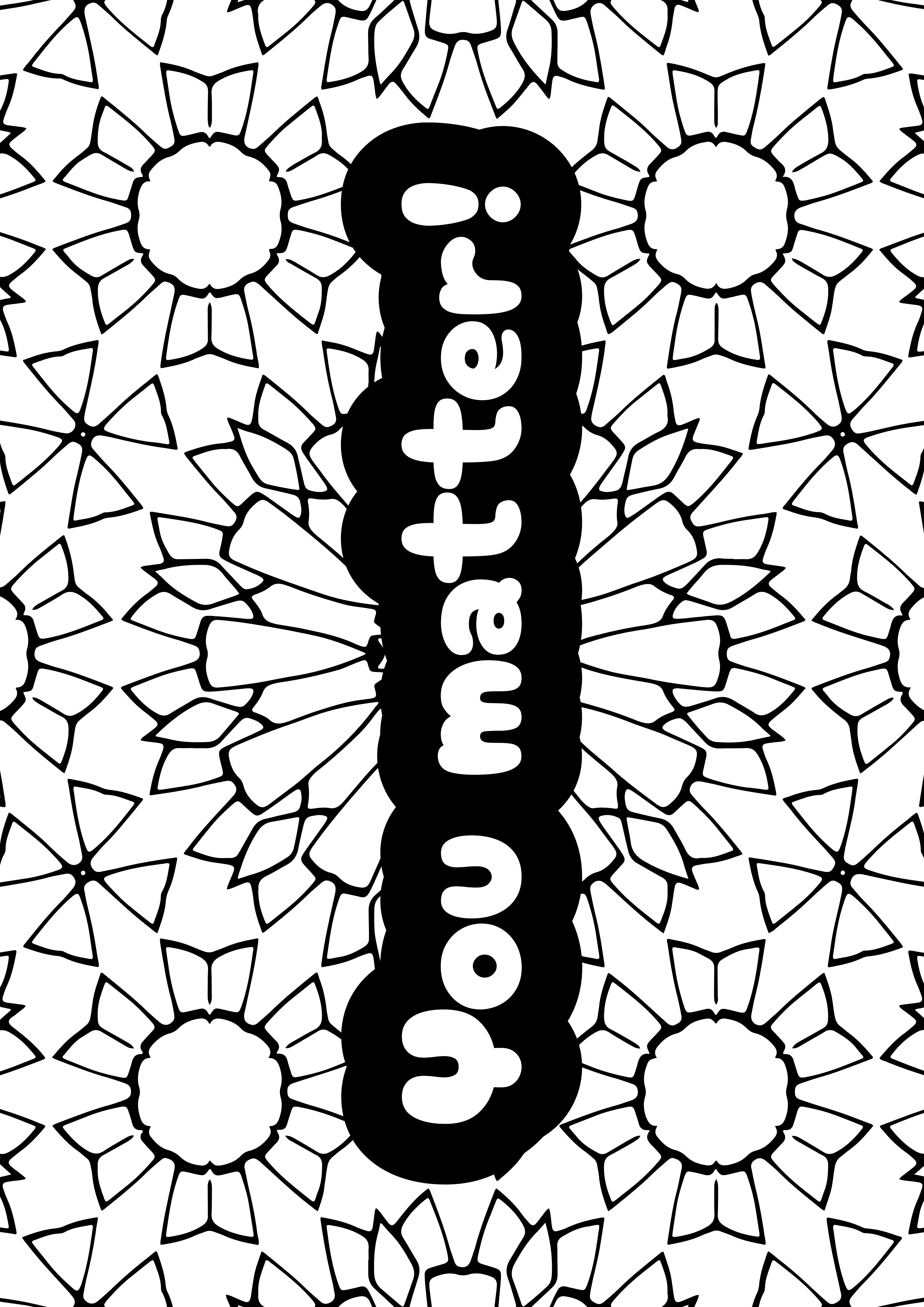
BEING
YOU
IS YOUR
power

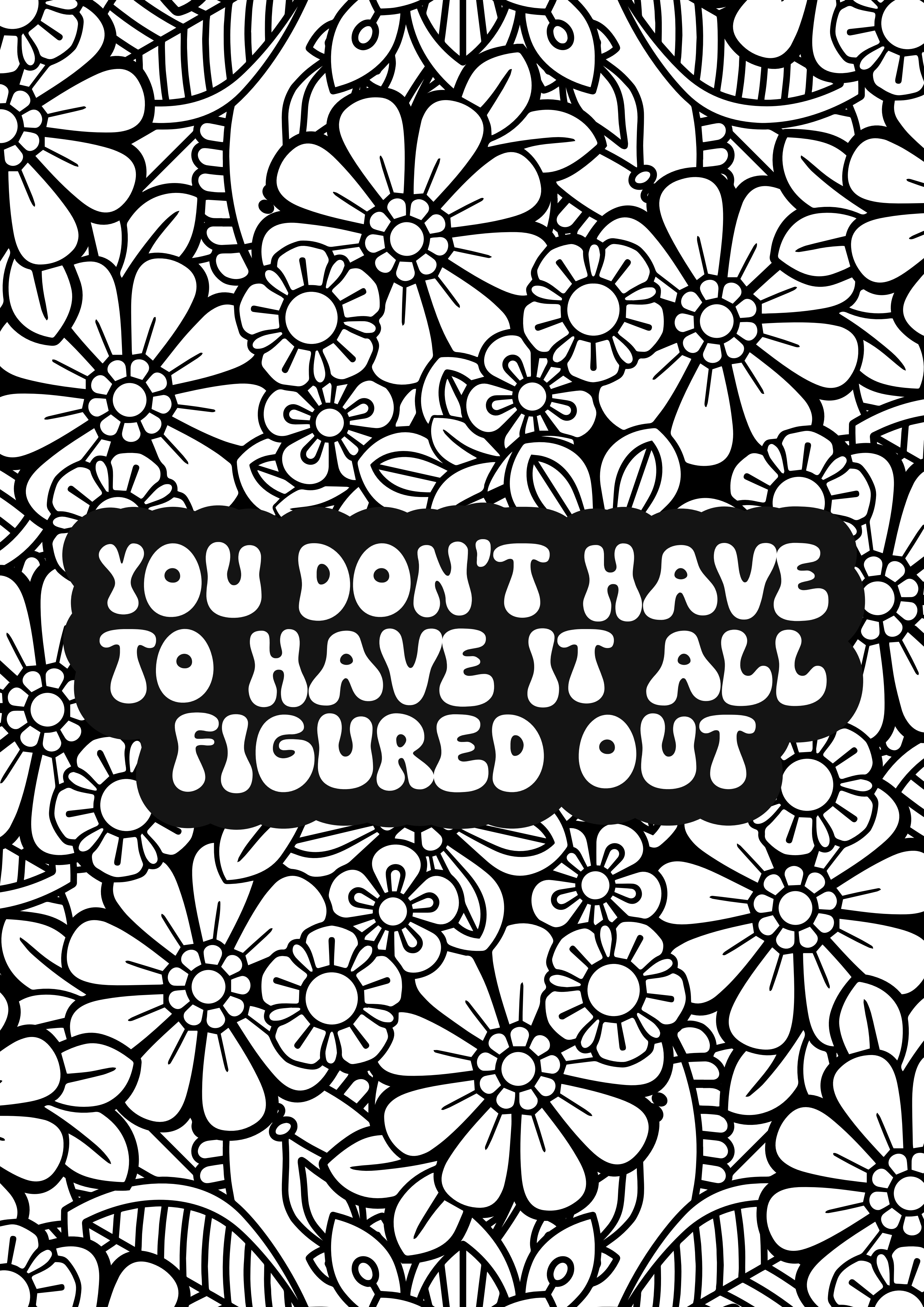


I accept
myself
as I am



DON'T COUNT
THE DAYS;
MAKE THE
DAYS COUNT


You matter!


YOU DON'T HAVE
TO HAVE IT ALL
FIGURED OUT

MESSING UP
IS THE PROOF
THAT YOU
ARE TRYING