



MINDFULNESS COLOURING INSPIRED BY THE PRINCIPLES OF COGNITIVE BEHAVIOURAL THERAPY

**Help train your mind to deal with difficult
thoughts and emotions by learning the basics
of Cognitive Behavioural Therapy independently**

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This mindfulness colouring book is inspired by 12 years of working with teenagers and young adults who, in today's world, have to contend with countless challenges which can often overwhelm.

The purpose of this book is to calmly challenge any negative thoughts or emotions that may cause difficulty using some of the key terms in Cognitive Behavioural Therapy (CBT).

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INTRODUCTION

Discover the Colourful Calm Within

This colouring book invites you on a journey of self-discovery and relaxation. Drawing inspiration from Cognitive Behavioural Therapy (CBT), it encourages you to:

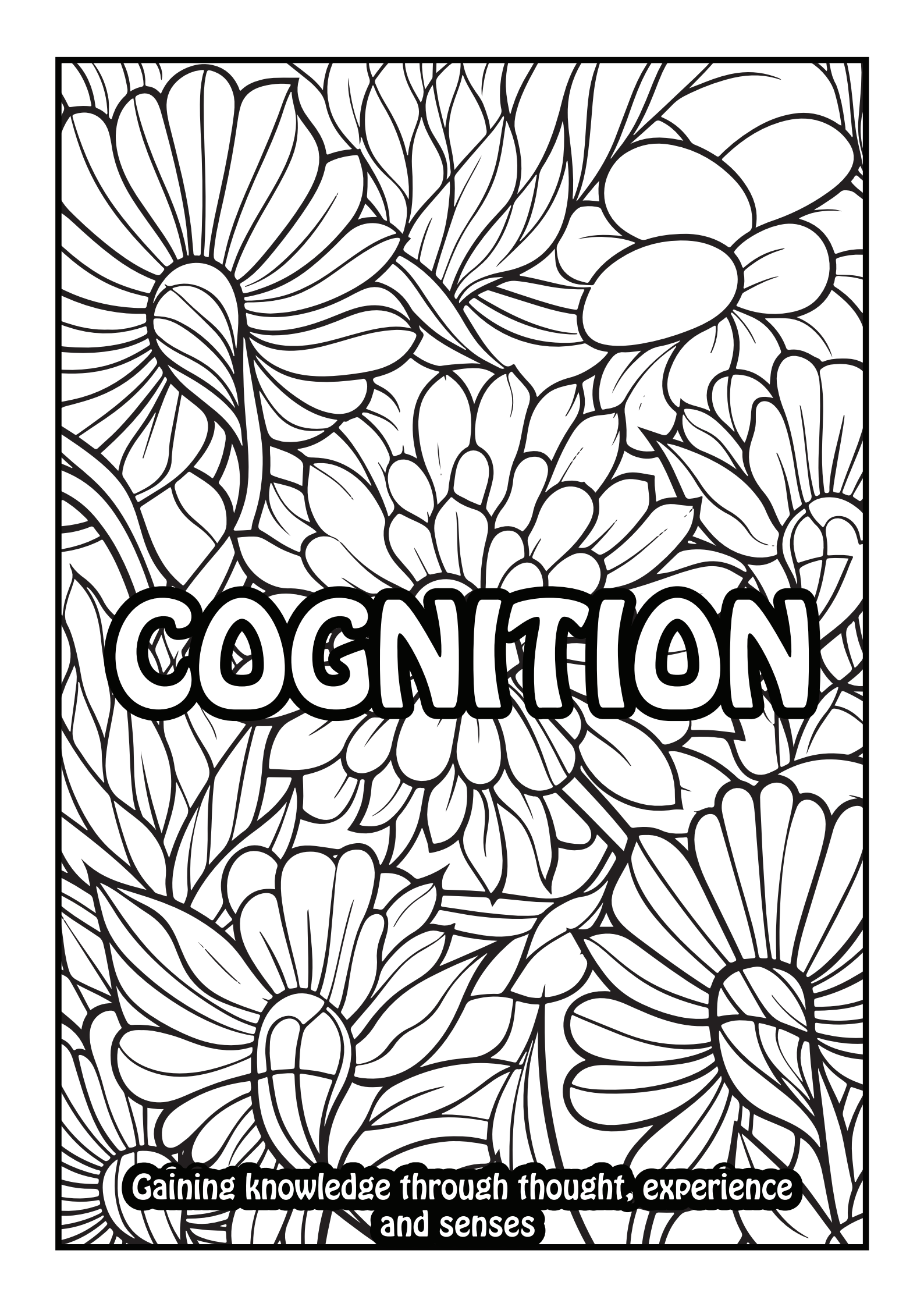
- **Challenge negative thoughts:** as you focus on intricate designs, gently observe and question any anxious or negative thoughts that arise.
- **Practice mindfulness:** immerse yourself in the present moment, paying attention to the sensations of colouring – the movement of the pen, the textures of the paper, and the vibrant colours unfolding before you.
- **Develop coping skills:** colouring provides a healthy outlet for stress and anxiety, promoting relaxation and a sense of calm.
- **Increase self-awareness:** by observing your thoughts and feelings while colouring, you gain valuable insights into your emotional patterns.

Let your creativity flow and experience the therapeutic benefits of mindfulness colouring.

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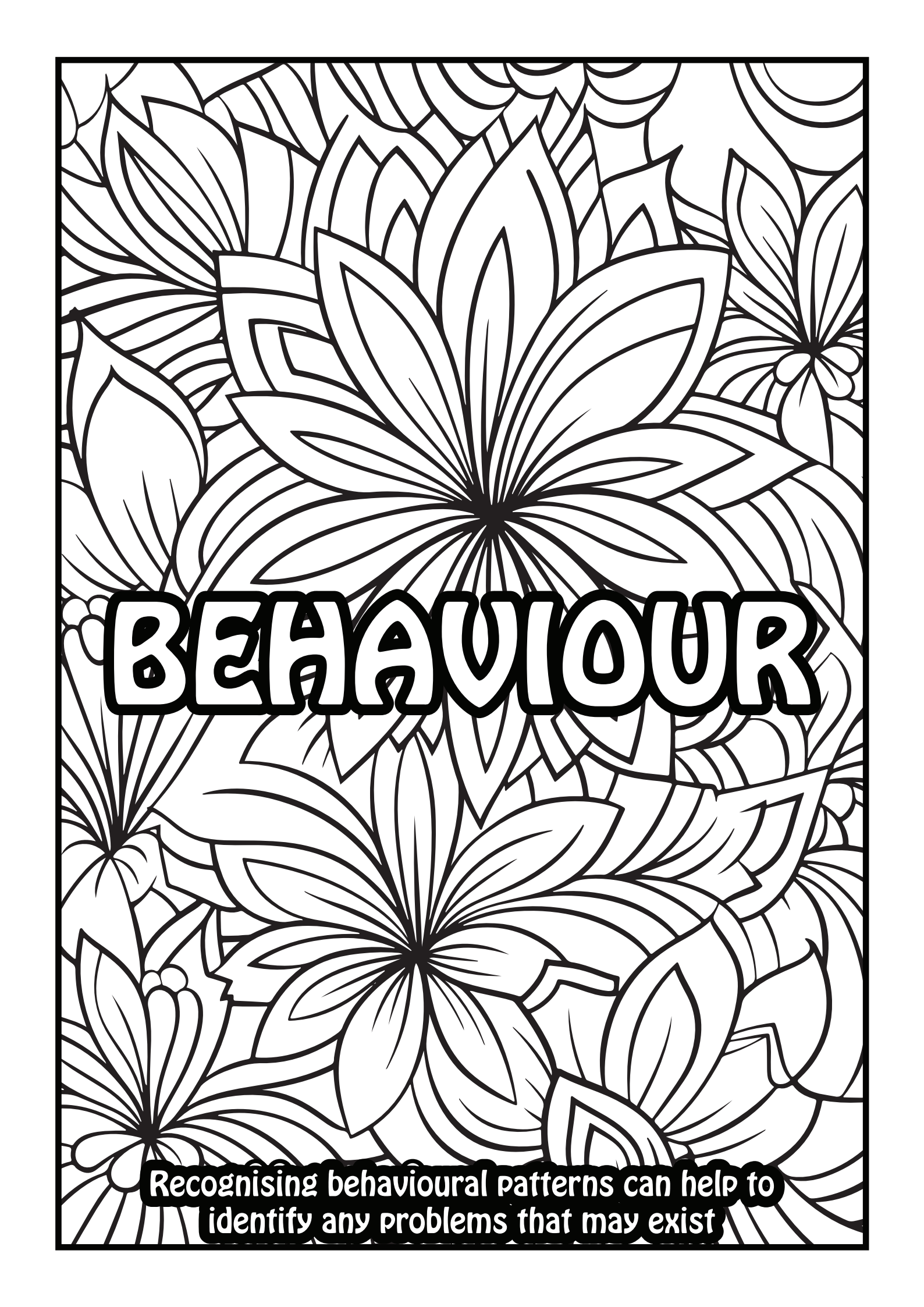
CHAPTER

COGNITION



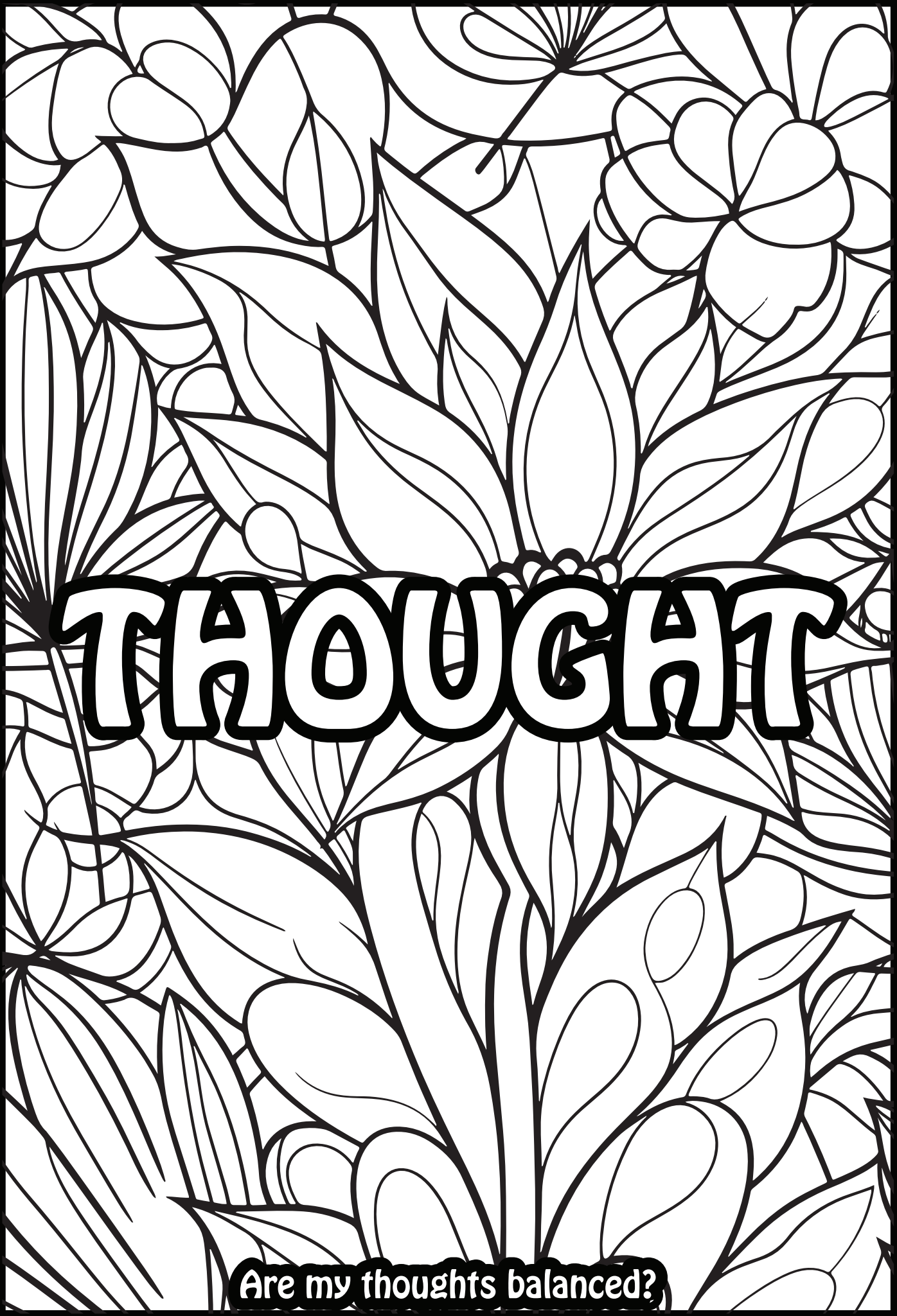
COGNITION

Gaining knowledge through thought, experience
and senses



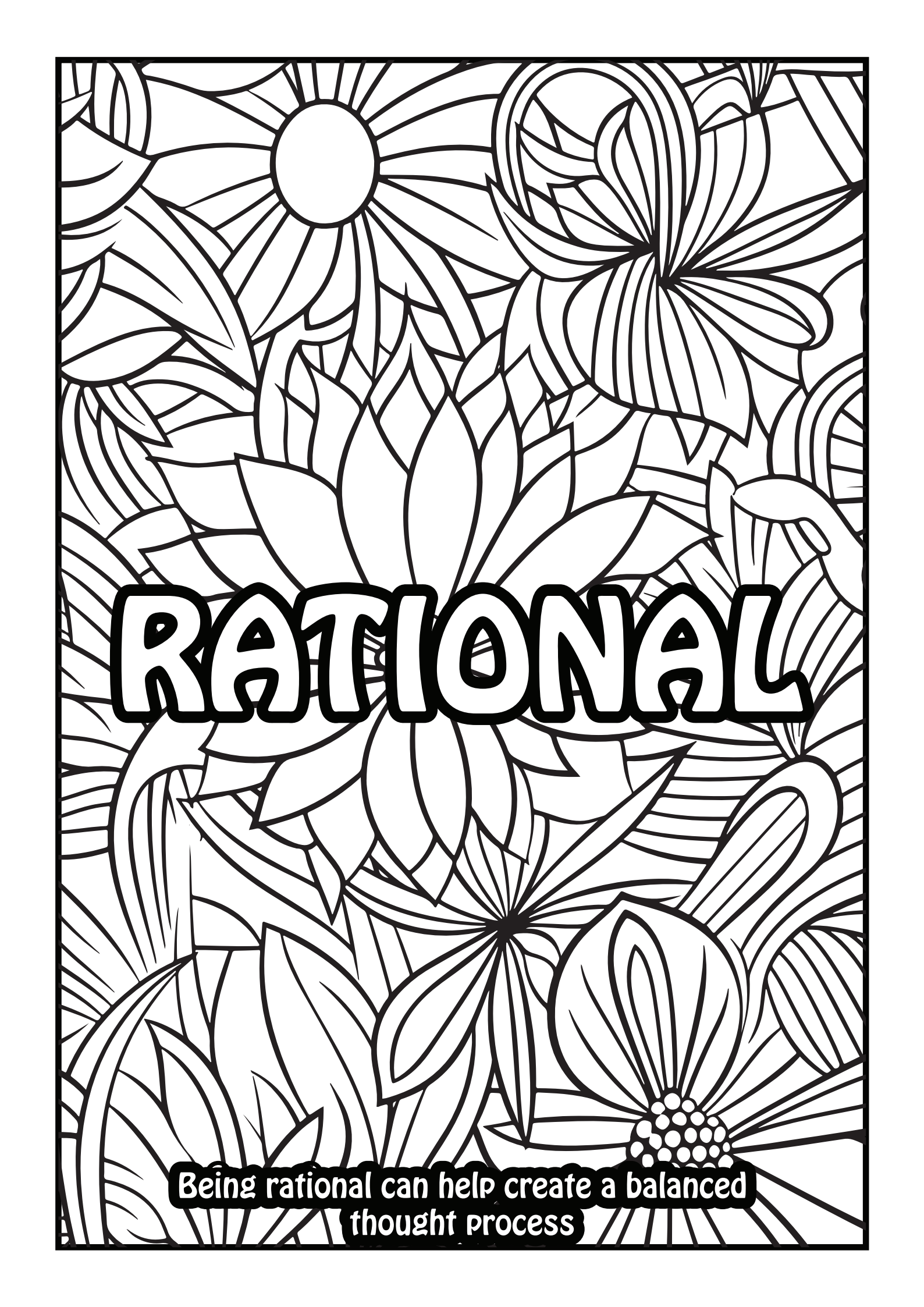
BEHAVIOUR

**Recognising behavioural patterns can help to
identify any problems that may exist**



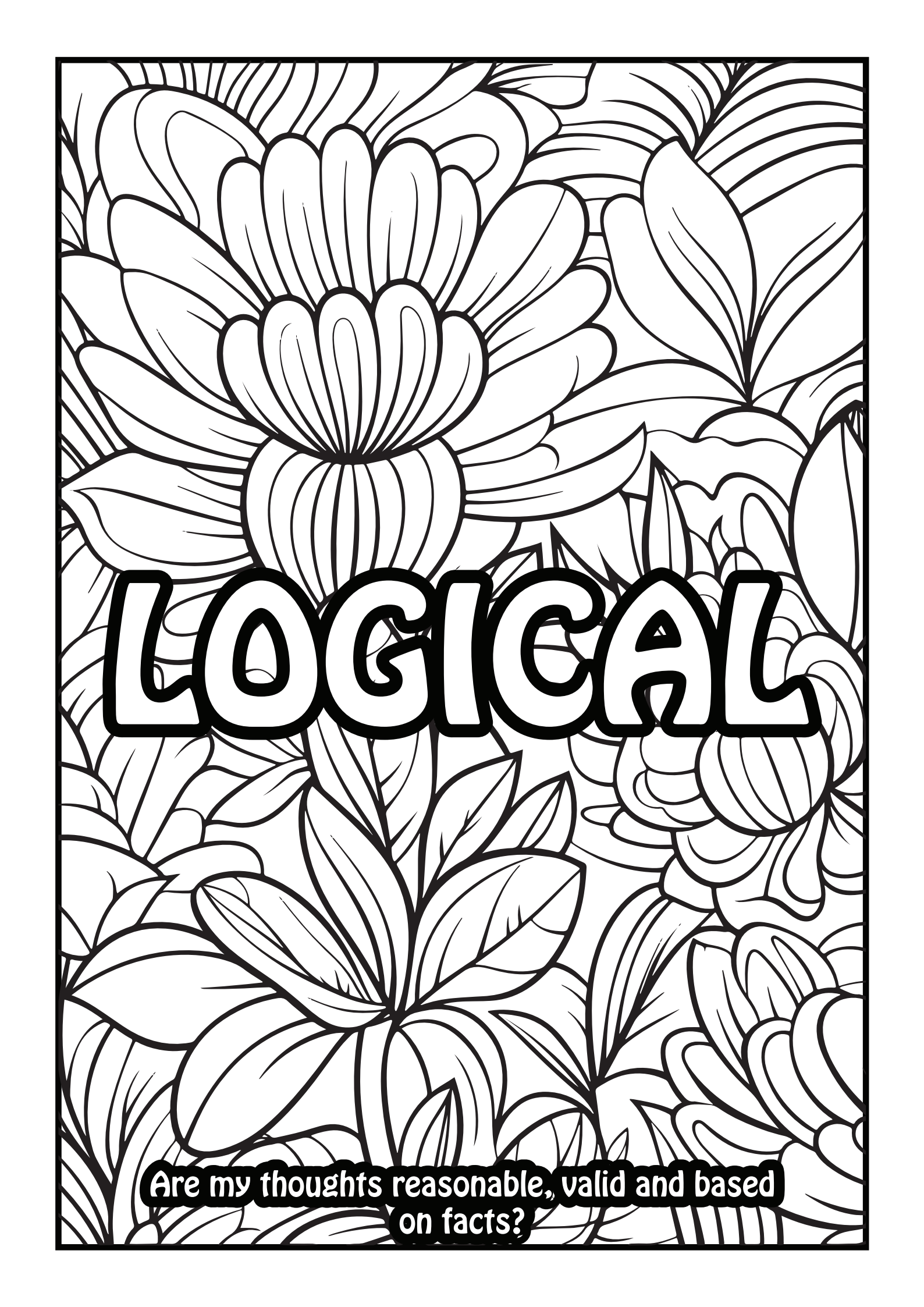
THOUGHT

Are my thoughts balanced?



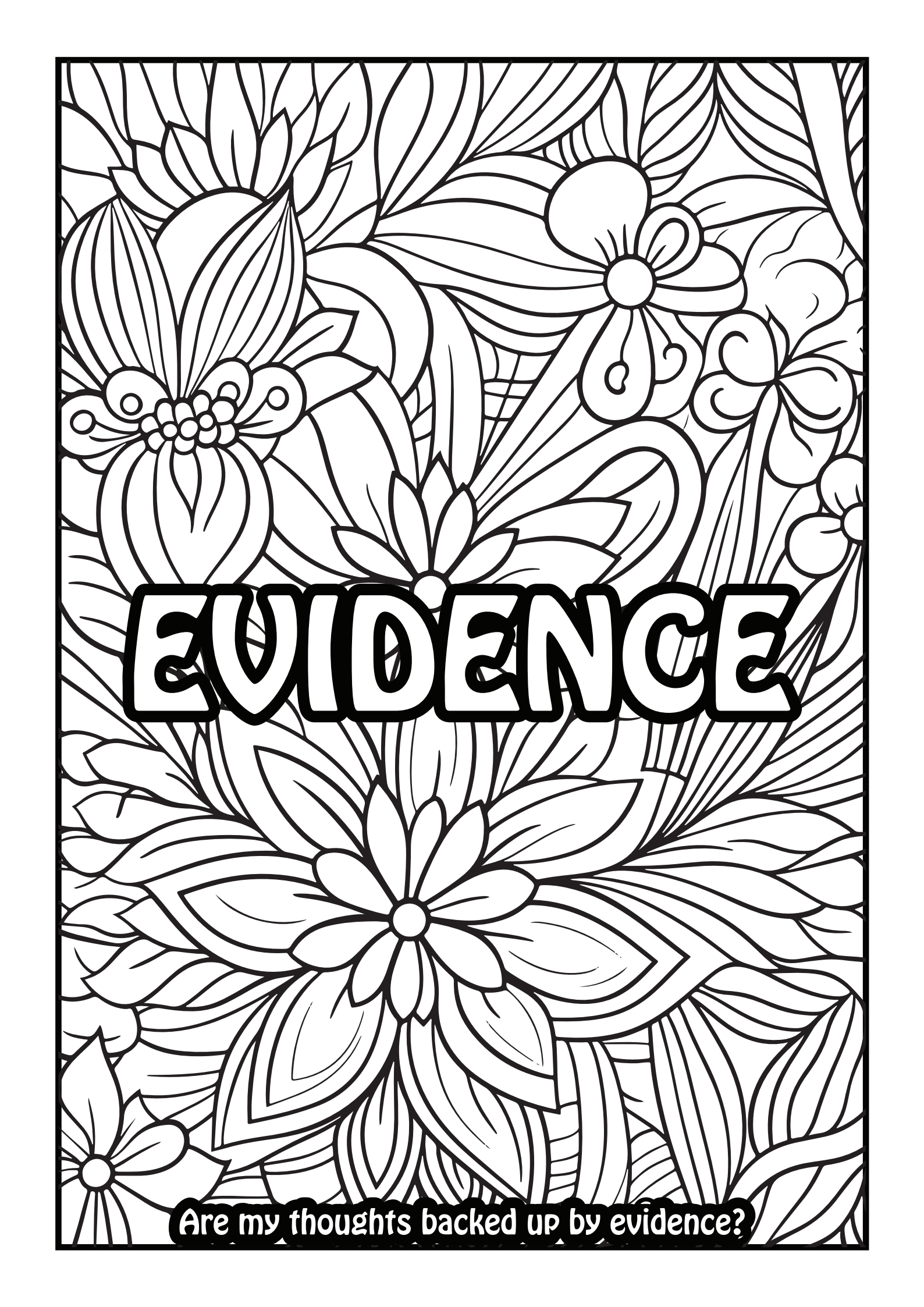
RATIONAL

Being rational can help create a balanced
thought process



LOGICAL

Are my thoughts reasonable, valid and based on facts?



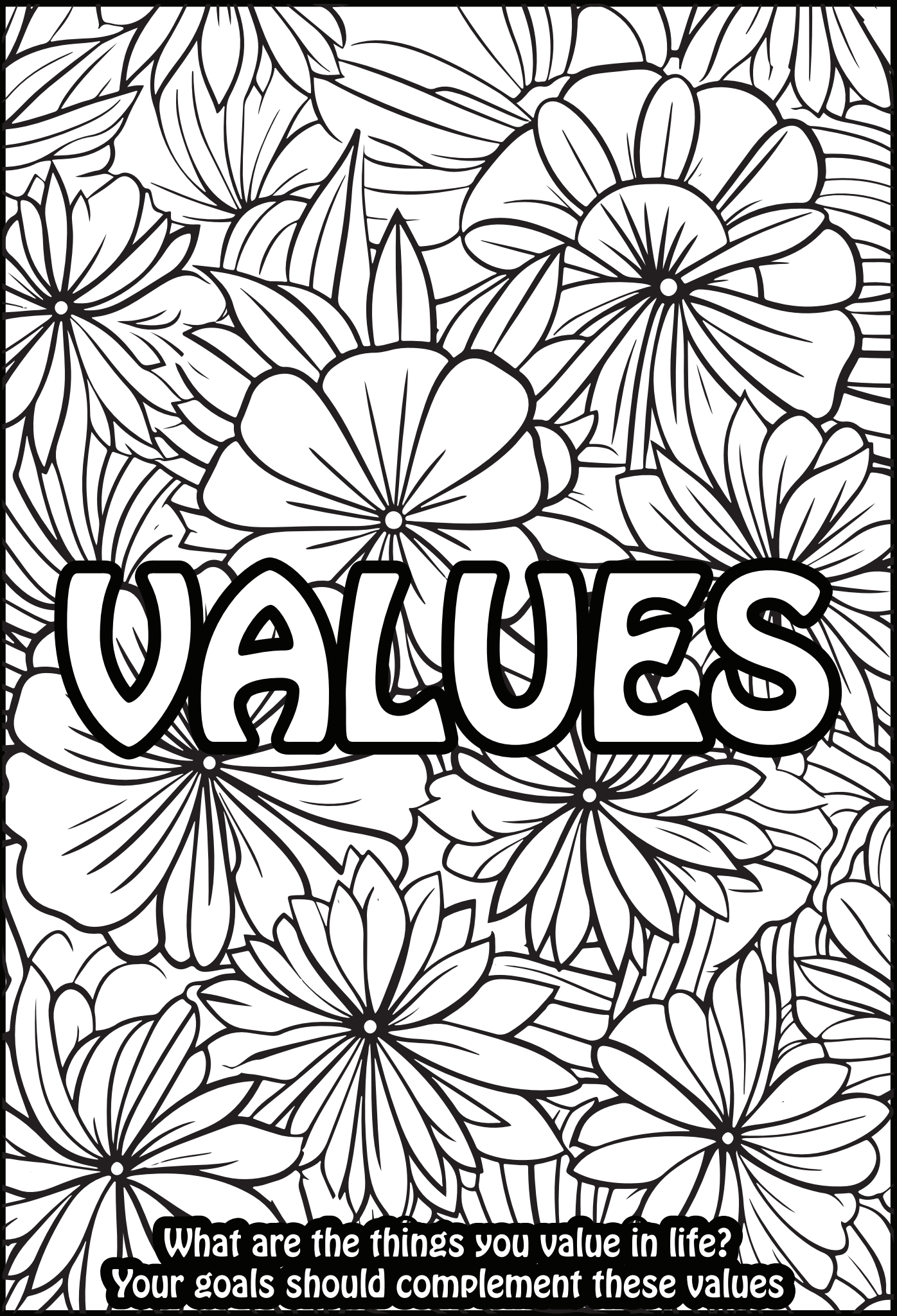
EVIDENCE

Are my thoughts backed up by evidence?



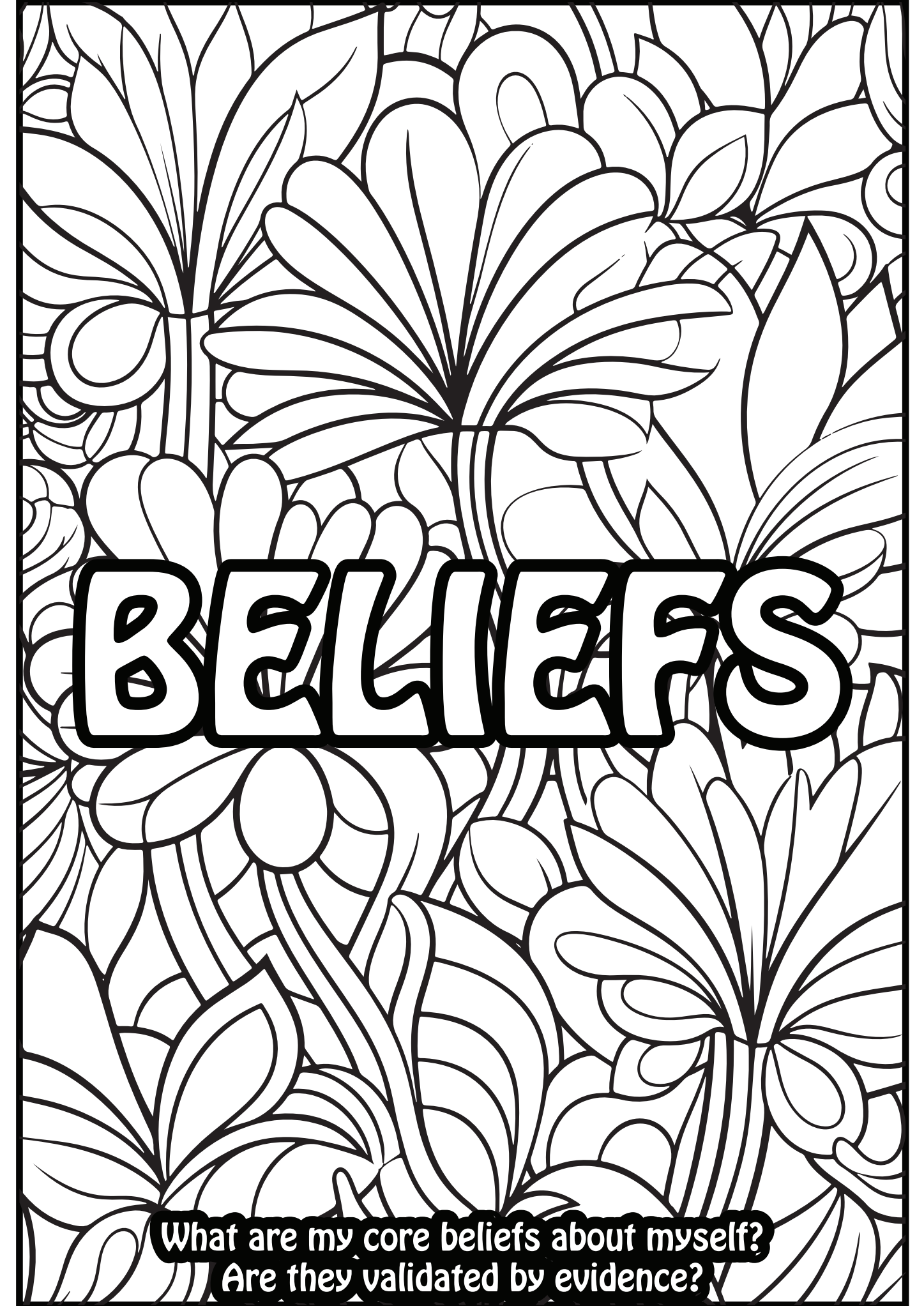
CHALLENGE

**Challenge persistent negative thoughts with evidence &
what's the evidence to back up the thought?**



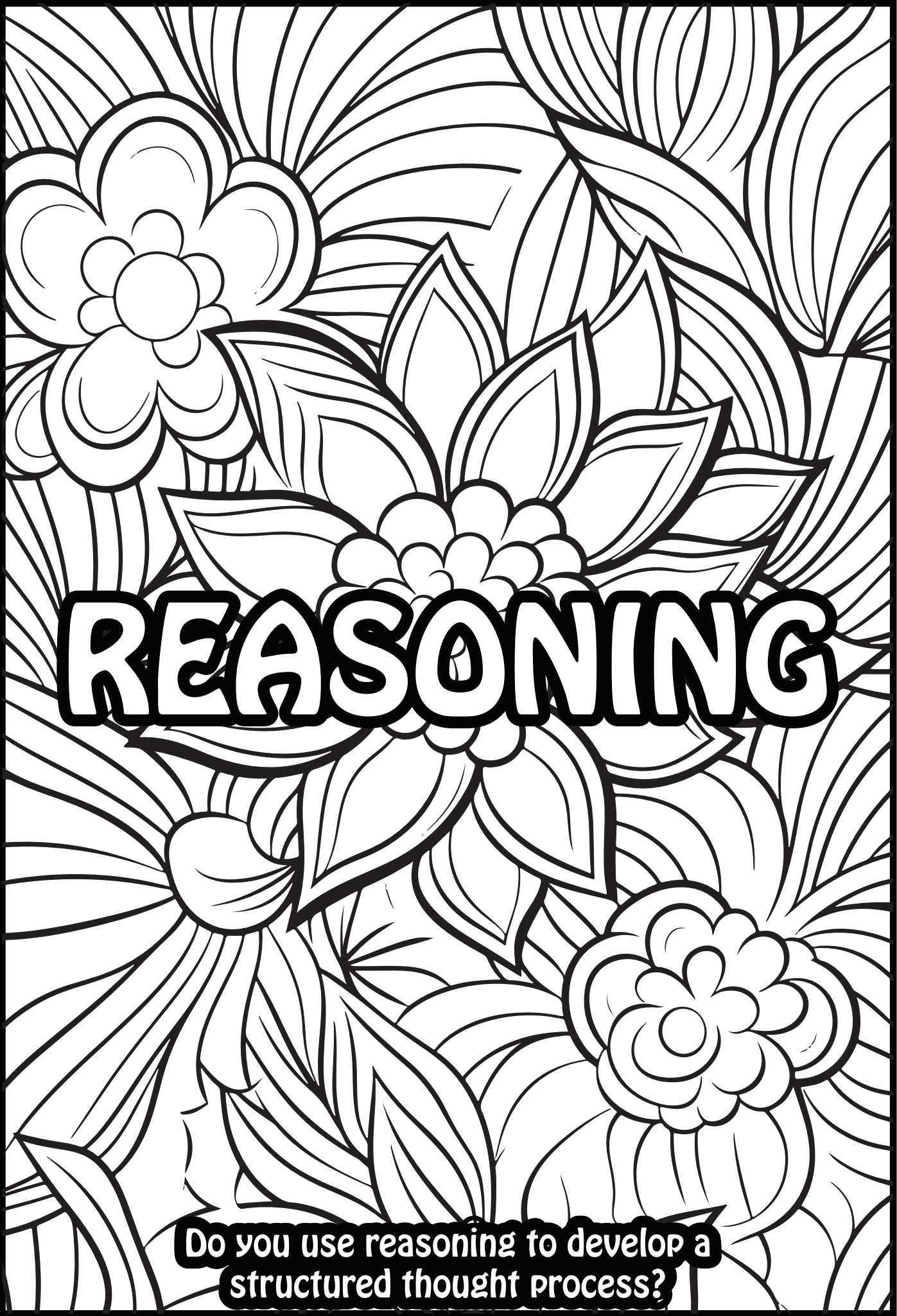
VALUES

**What are the things you value in life?
Your goals should complement these values**



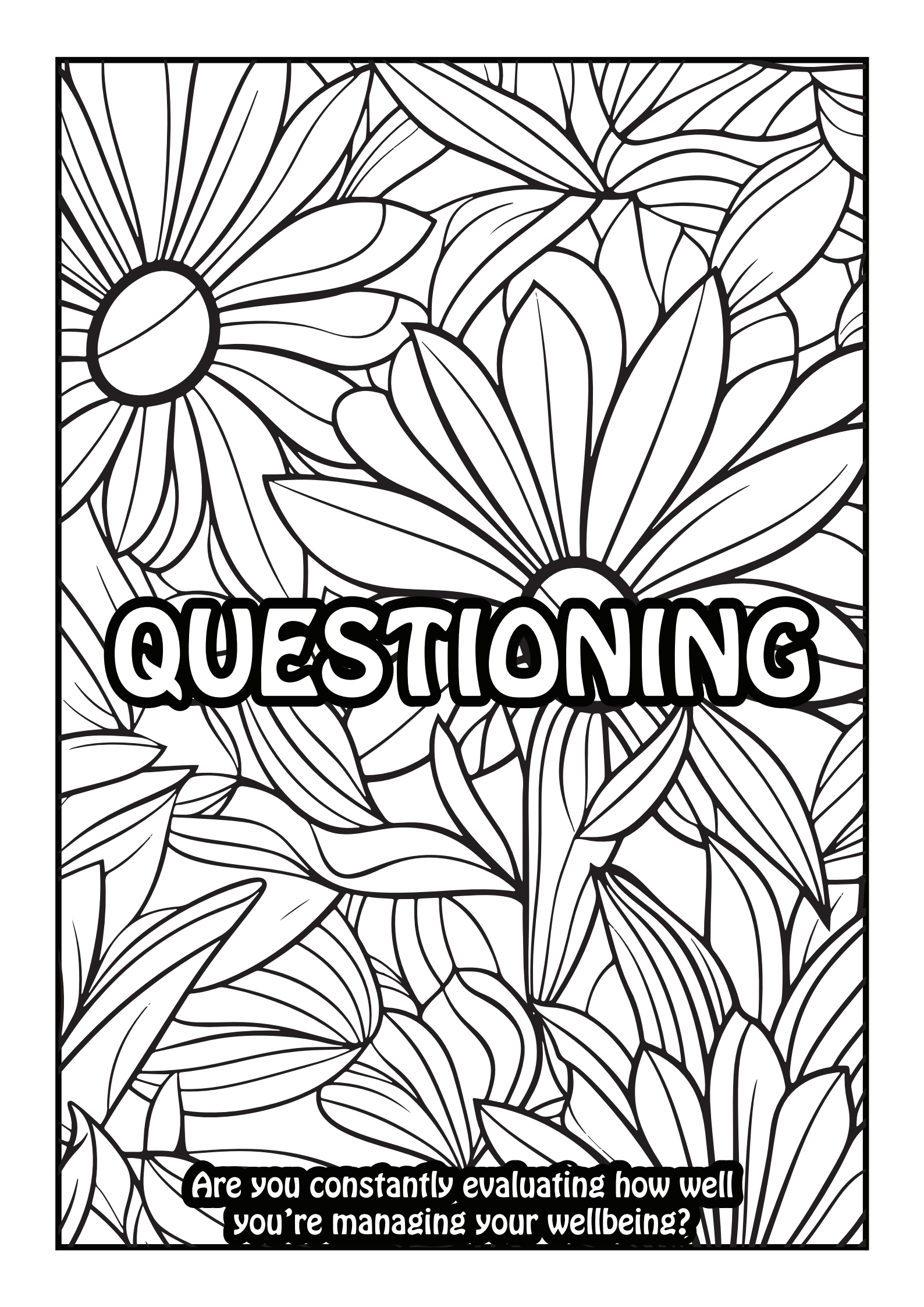
BELIEFS

What are my core beliefs about myself?
Are they validated by evidence?



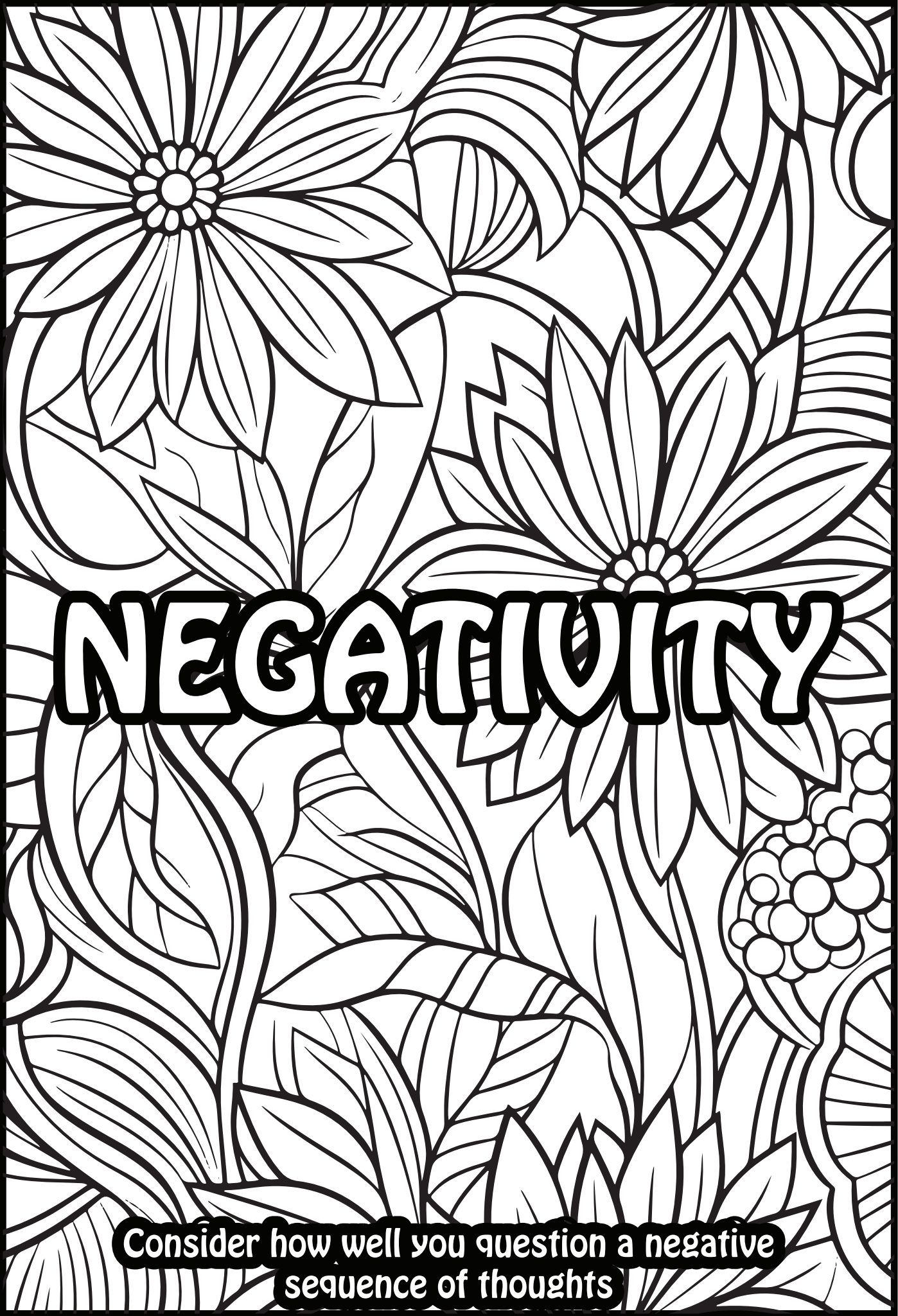
REASONING

Do you use reasoning to develop a structured thought process?



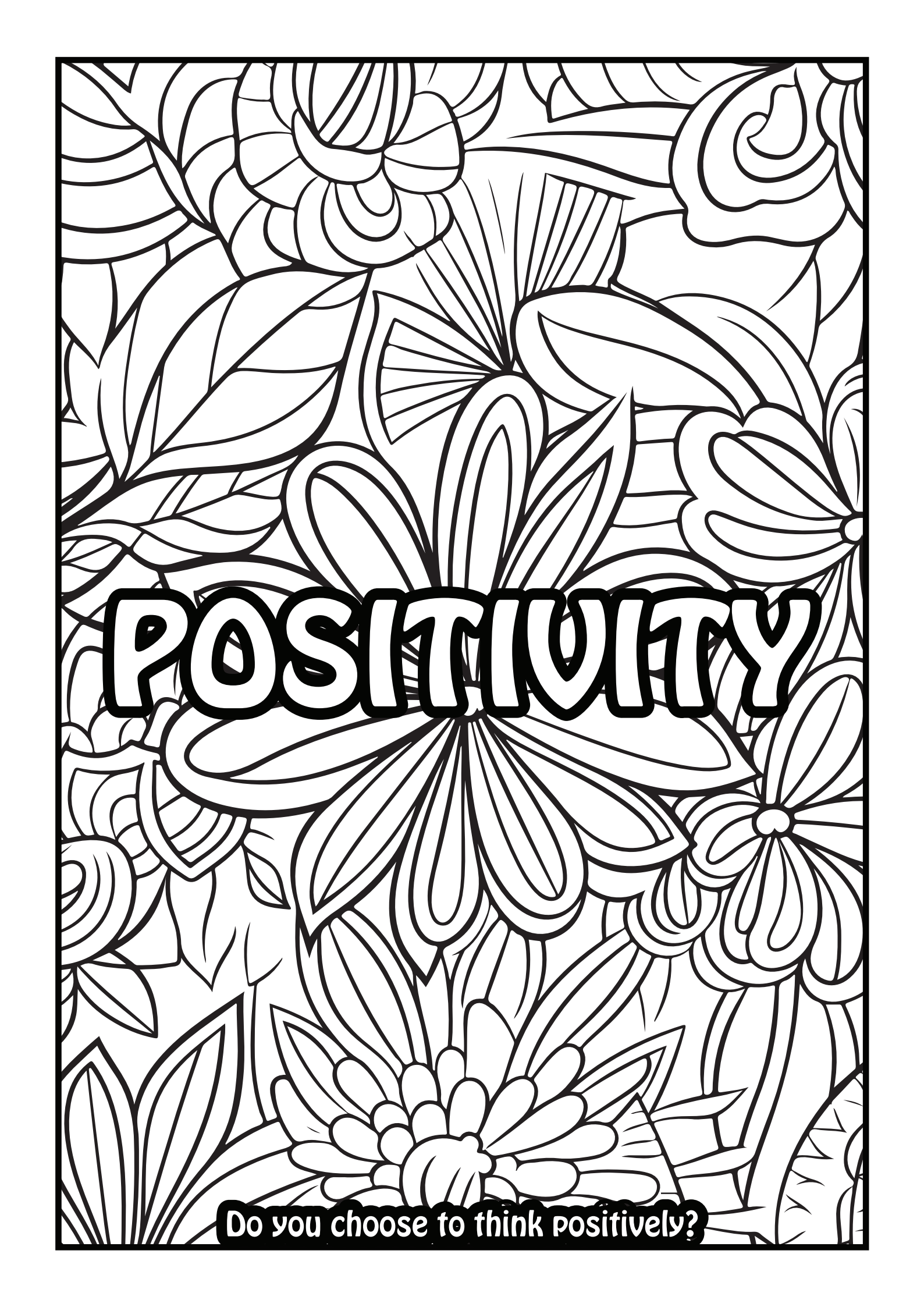
QUESTIONING

**Are you constantly evaluating how well
you're managing your wellbeing?**



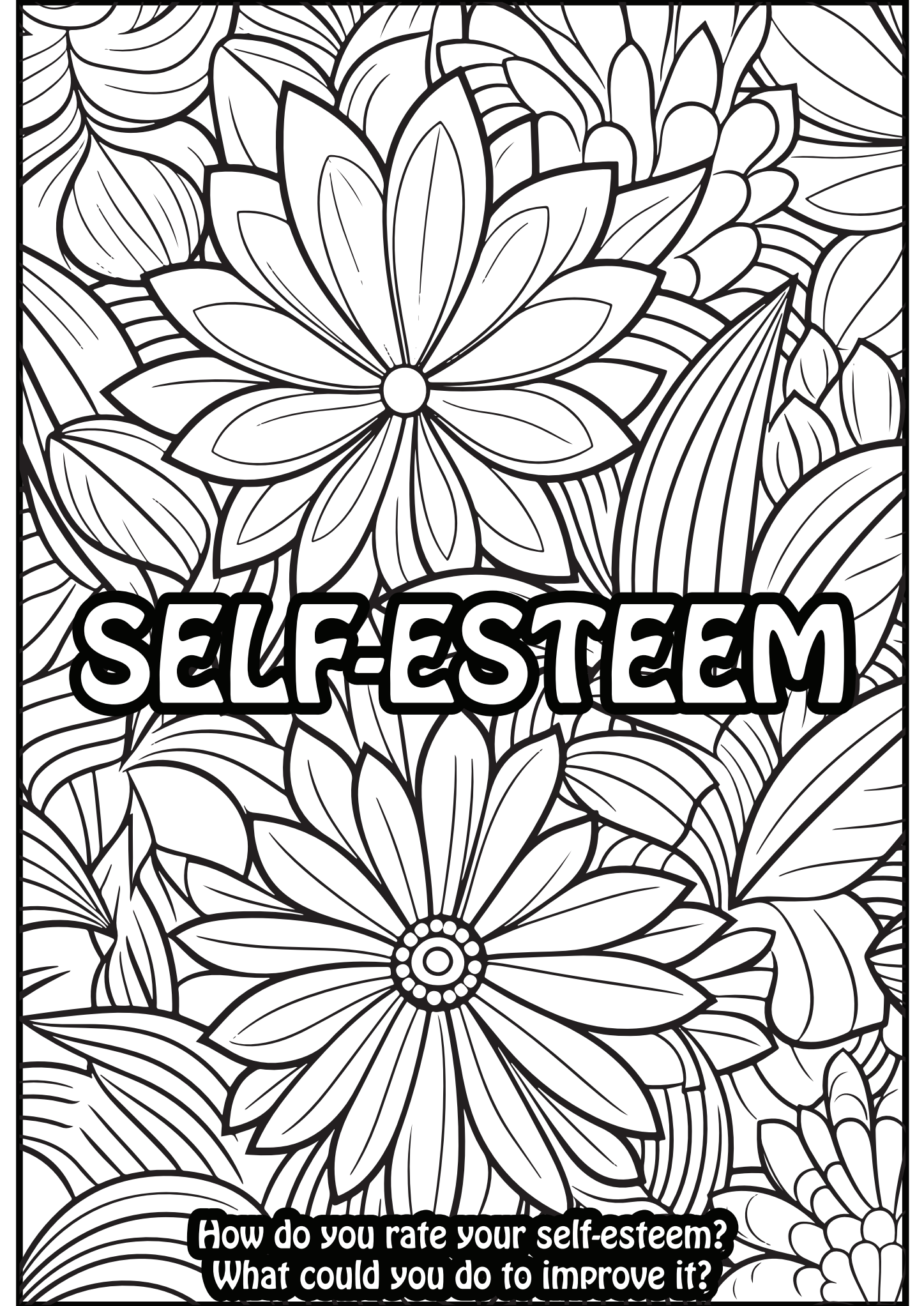
NEGATIVITY

Consider how well you question a negative
sequence of thoughts



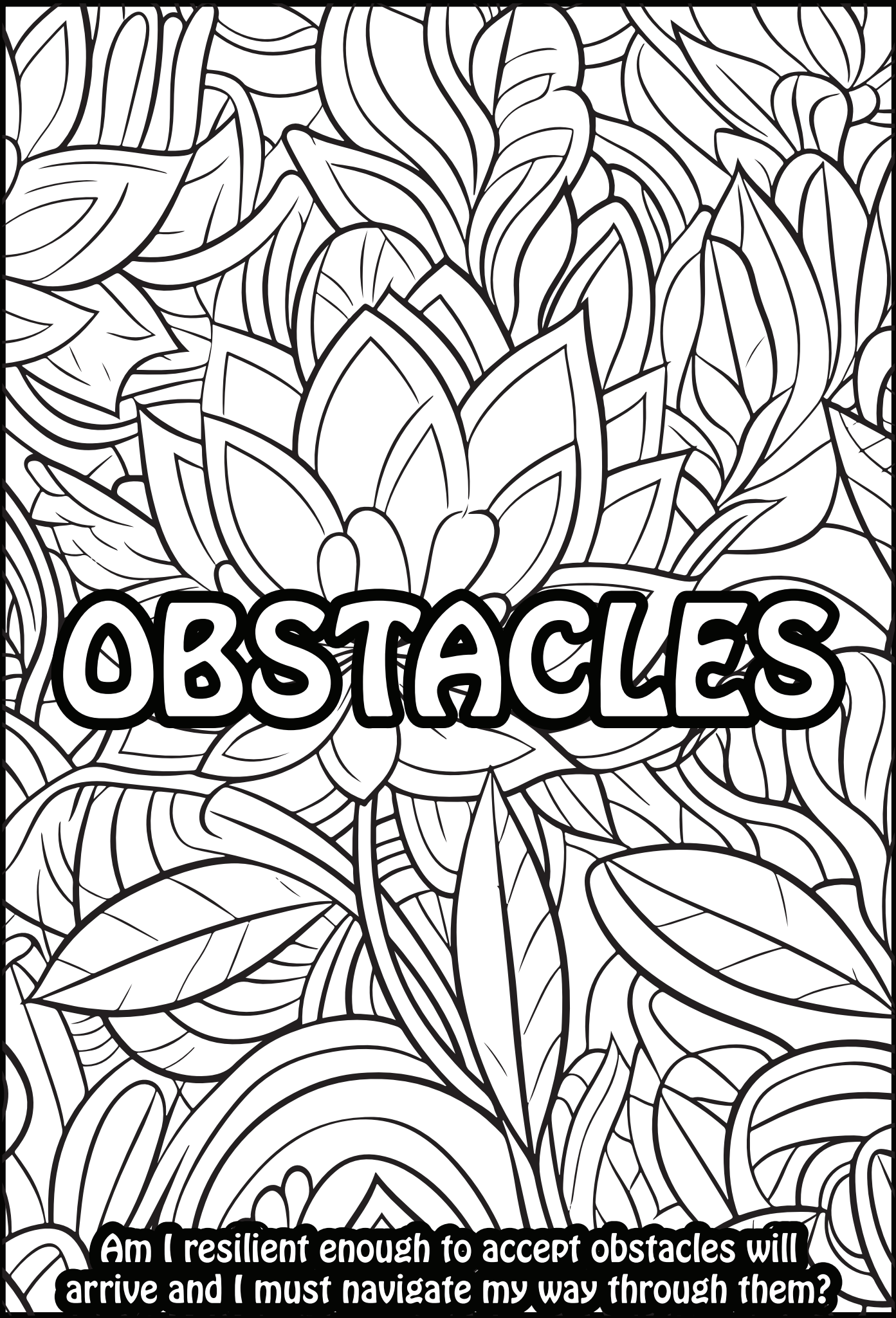
POSITIVITY

Do you choose to think positively?



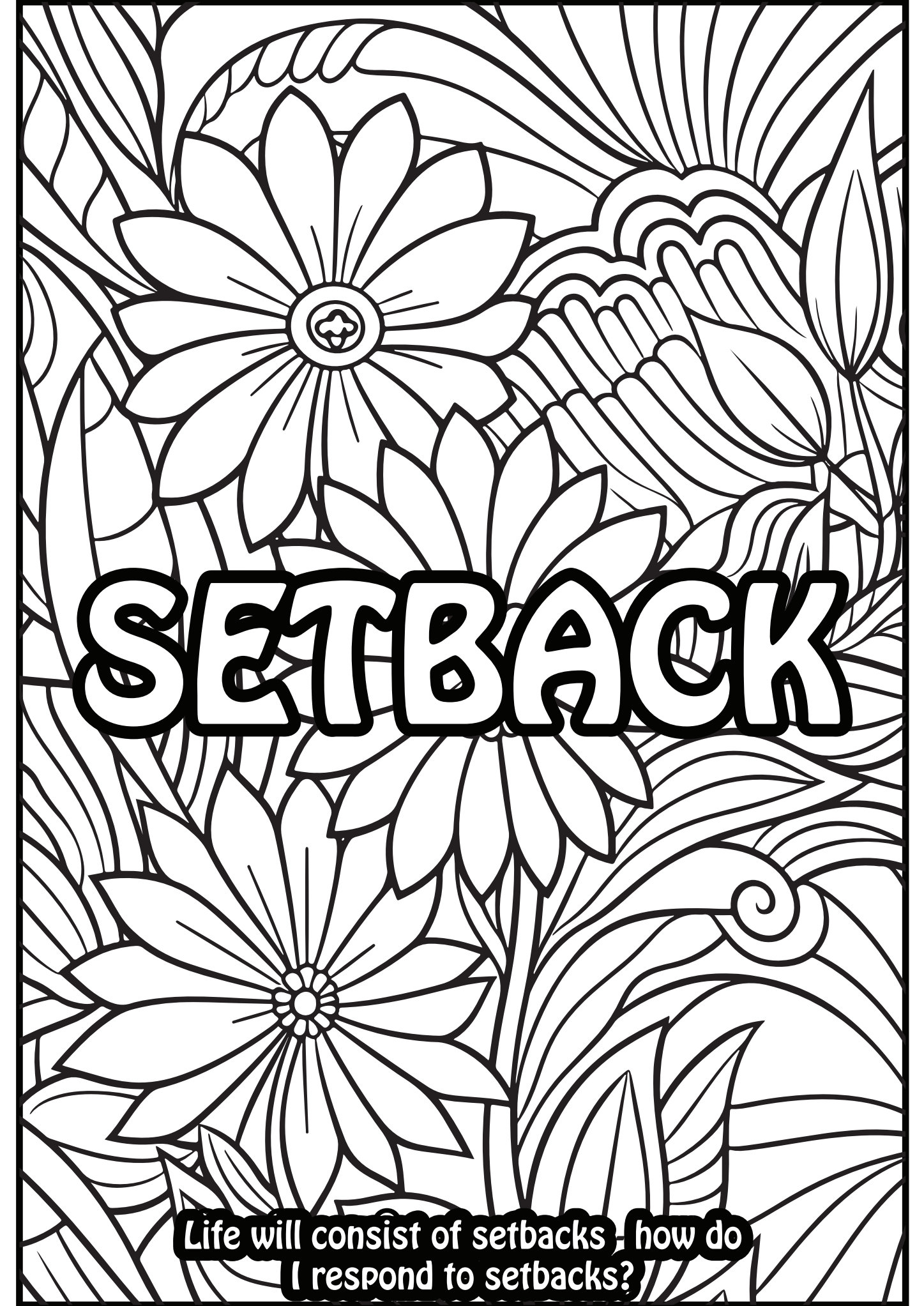
SELF-ESTEEM

How do you rate your self-esteem?
What could you do to improve it?



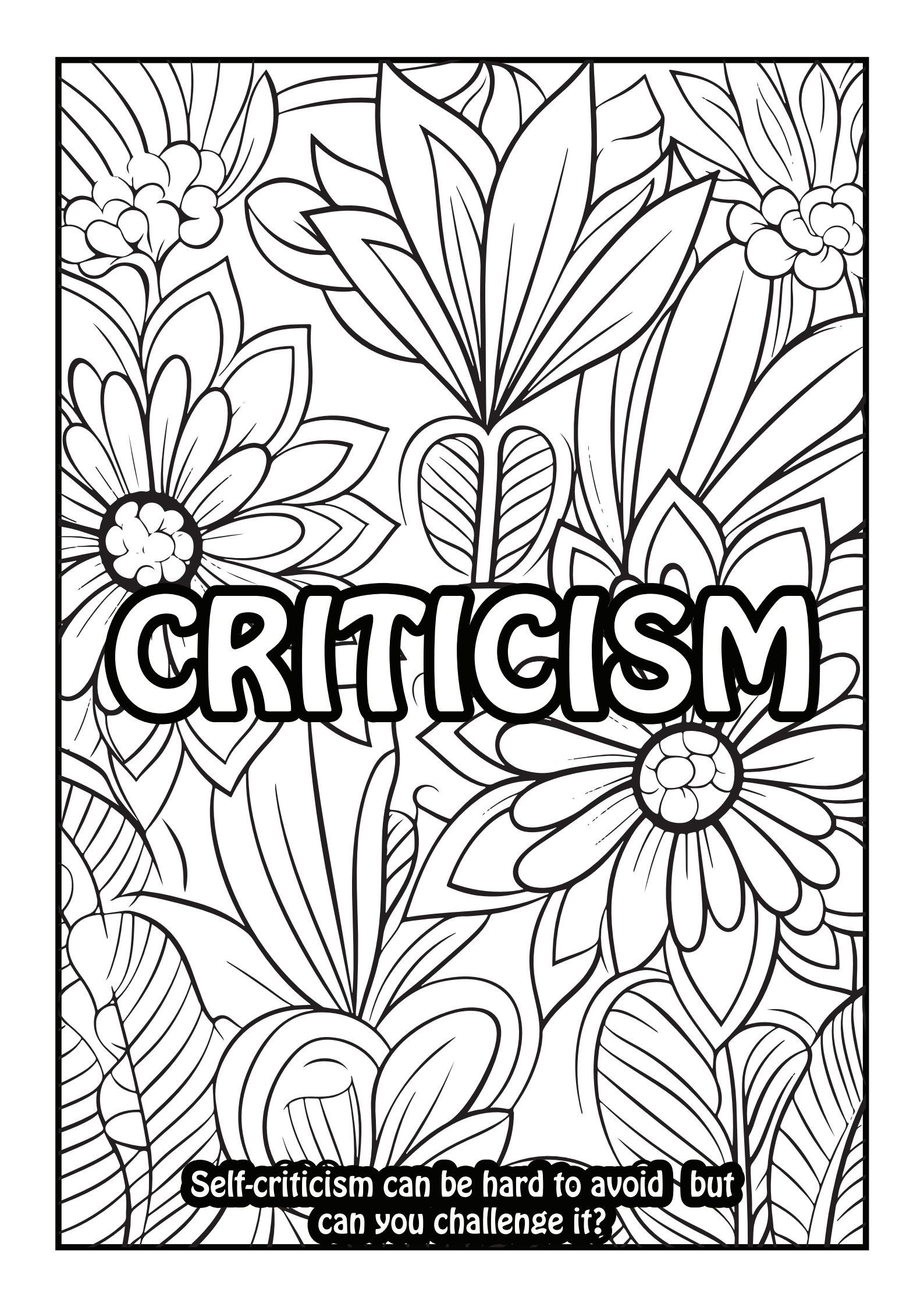
OBSTACLES

Am I resilient enough to accept obstacles will arrive and I must navigate my way through them?



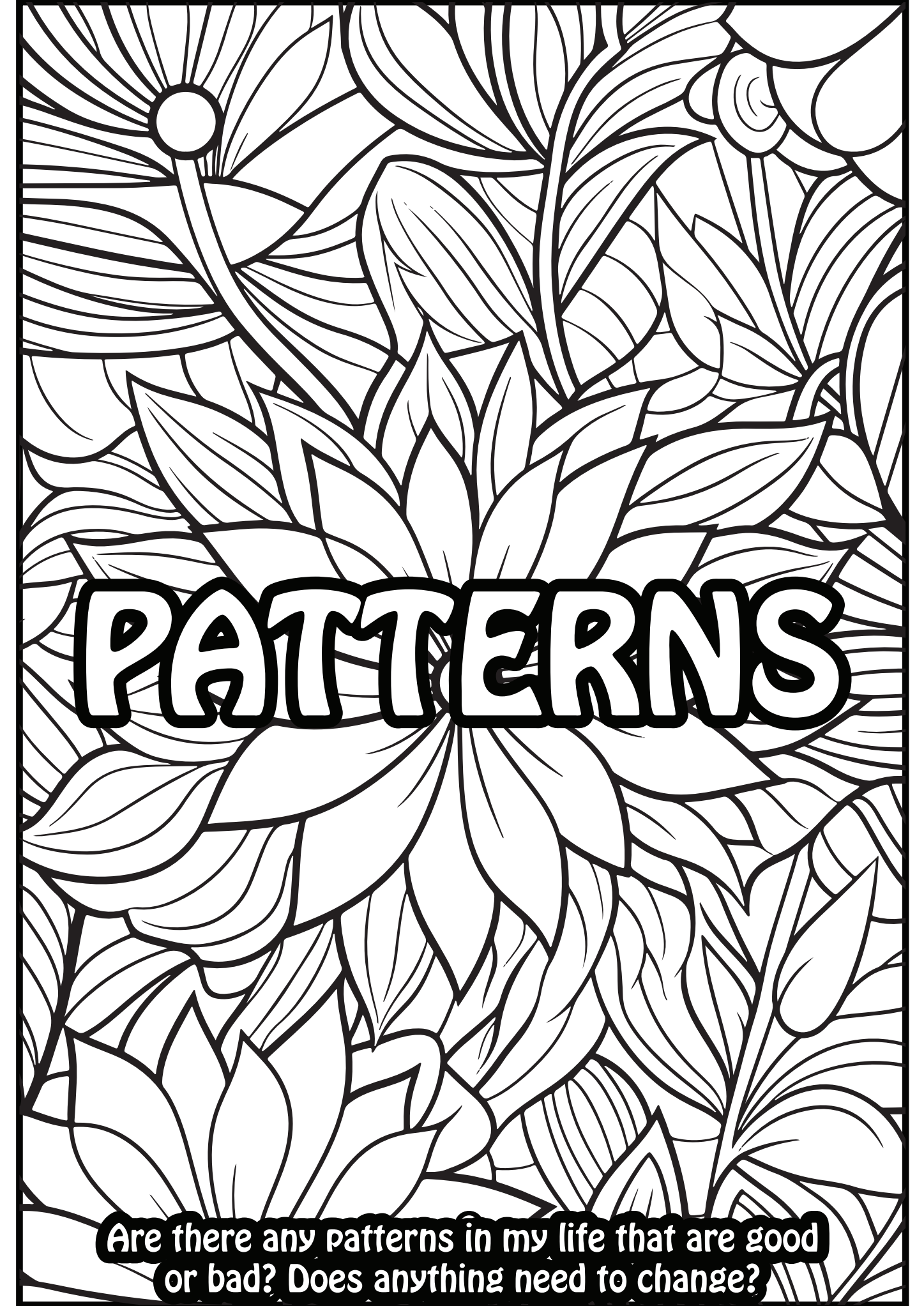
SETBACK

Life will consist of setbacks - how do
I respond to setbacks?



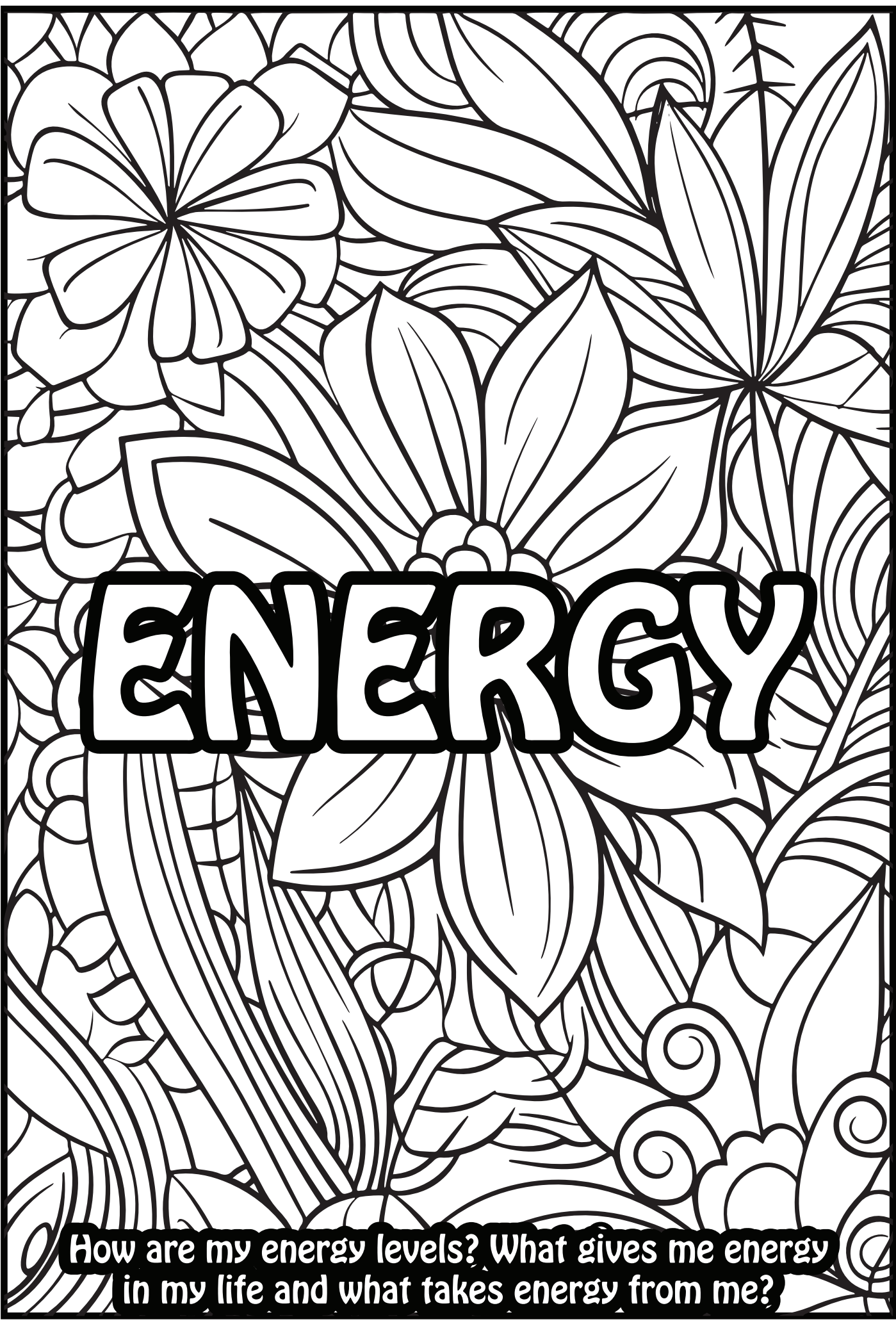
CRITICISM

**Self-criticism can be hard to avoid but
can you challenge it?**



PATTERNS

Are there any patterns in my life that are good or bad? Does anything need to change?



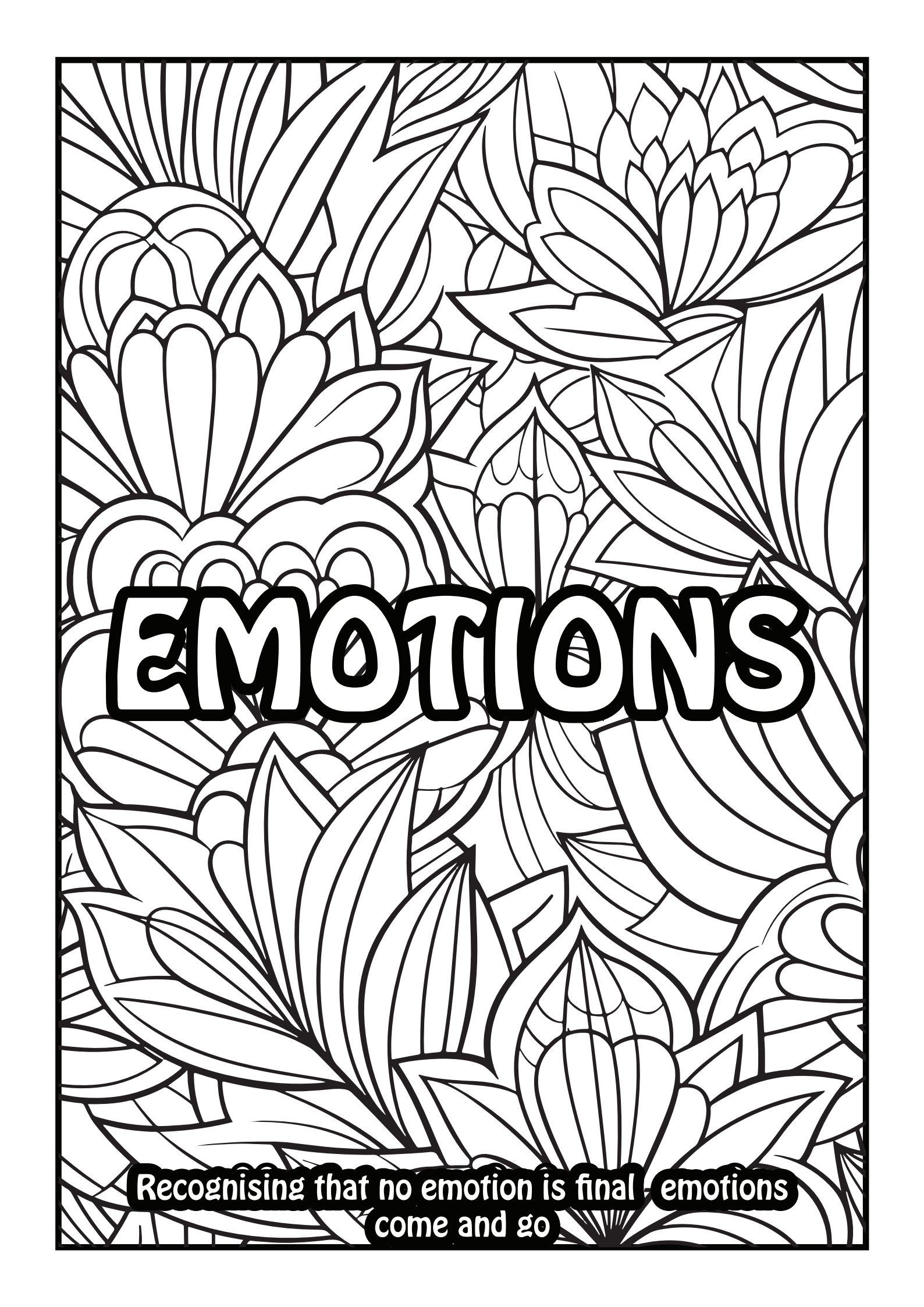
ENERGY

How are my energy levels? What gives me energy in my life and what takes energy from me?

3

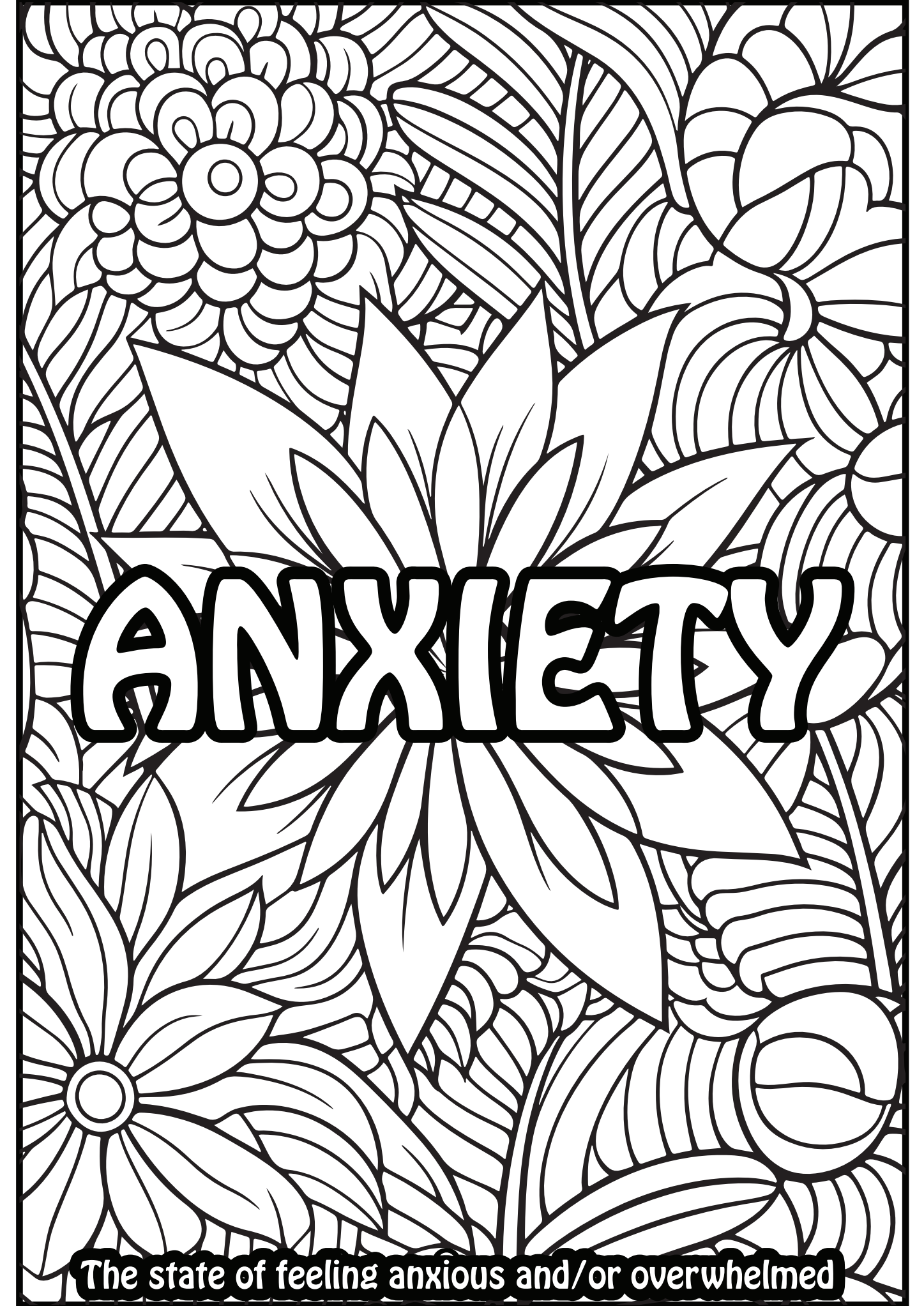
CHAPTER

EMOTIONS



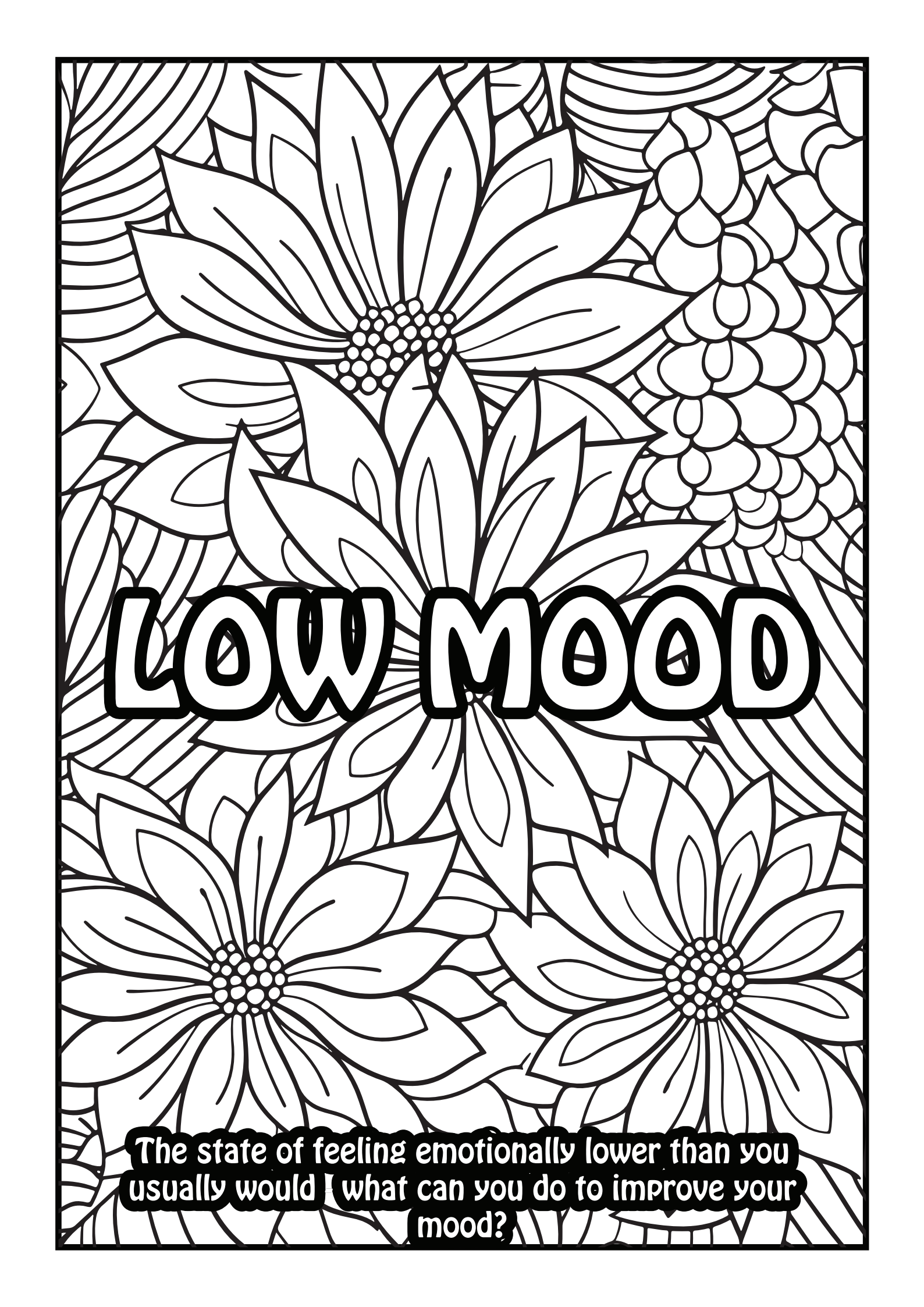
EMOTIONS

**Recognising that no emotion is final - emotions
come and go**



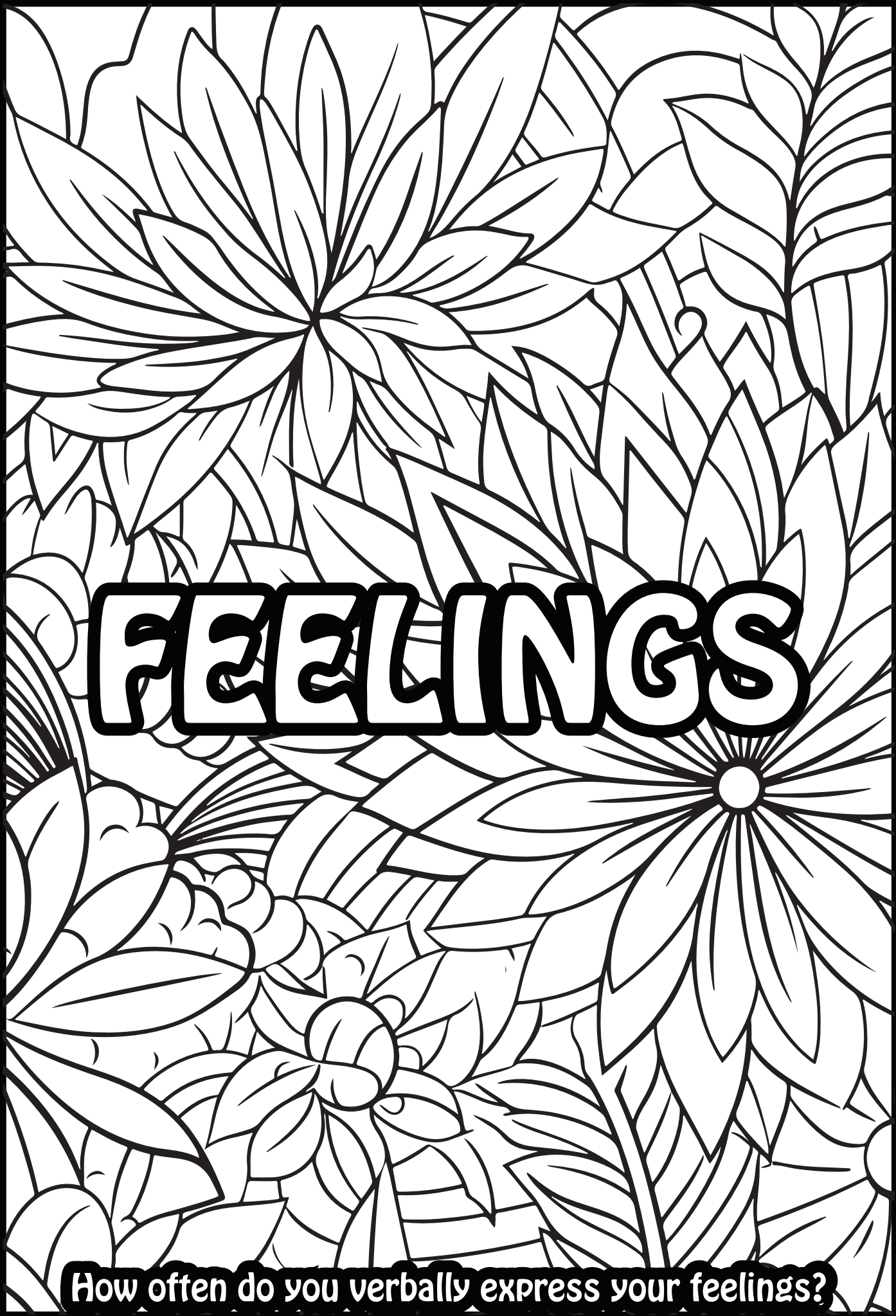
ANXIETY

The state of feeling anxious and/or overwhelmed



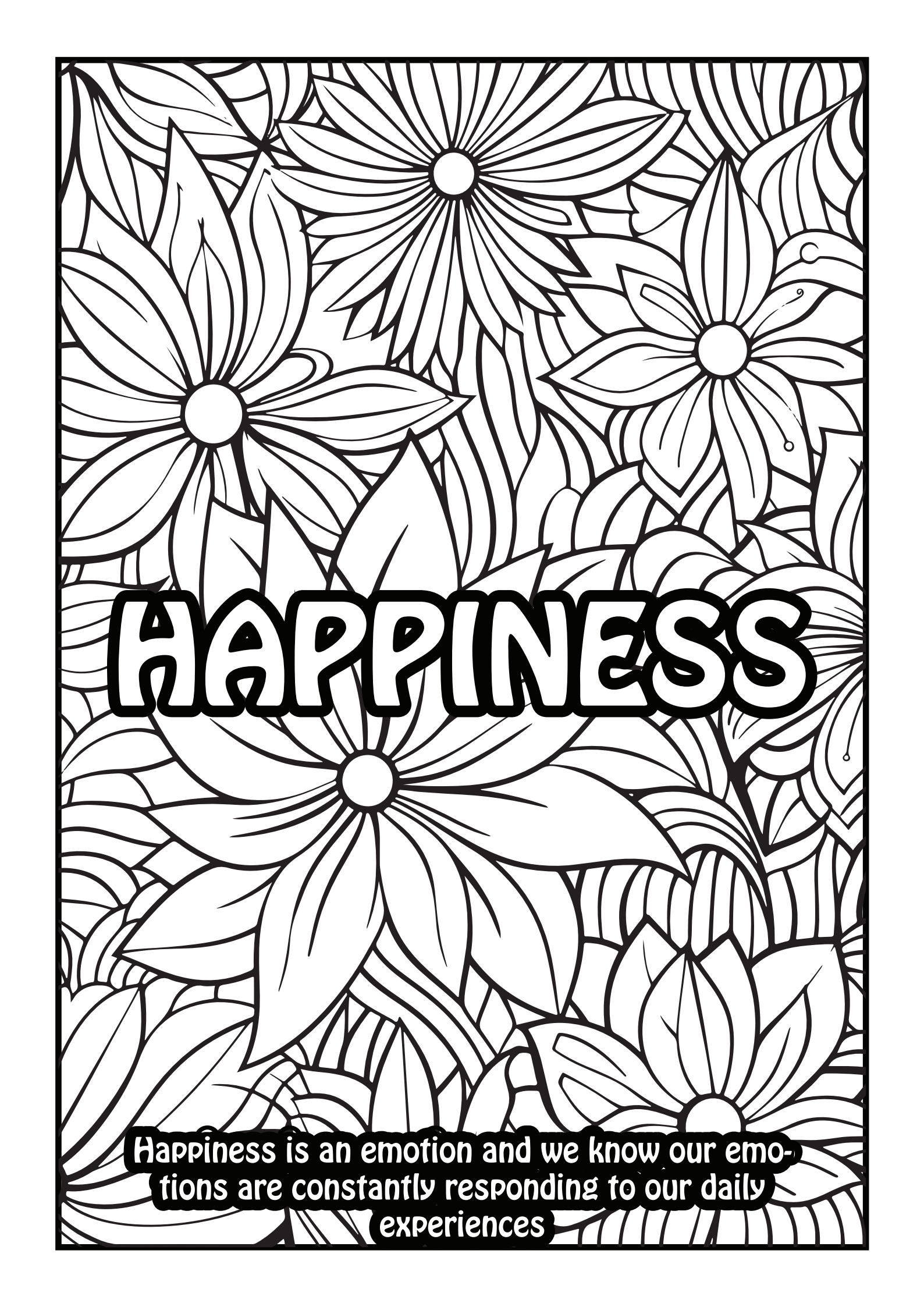
LOW MOOD

The state of feeling emotionally lower than you usually would | what can you do to improve your mood?



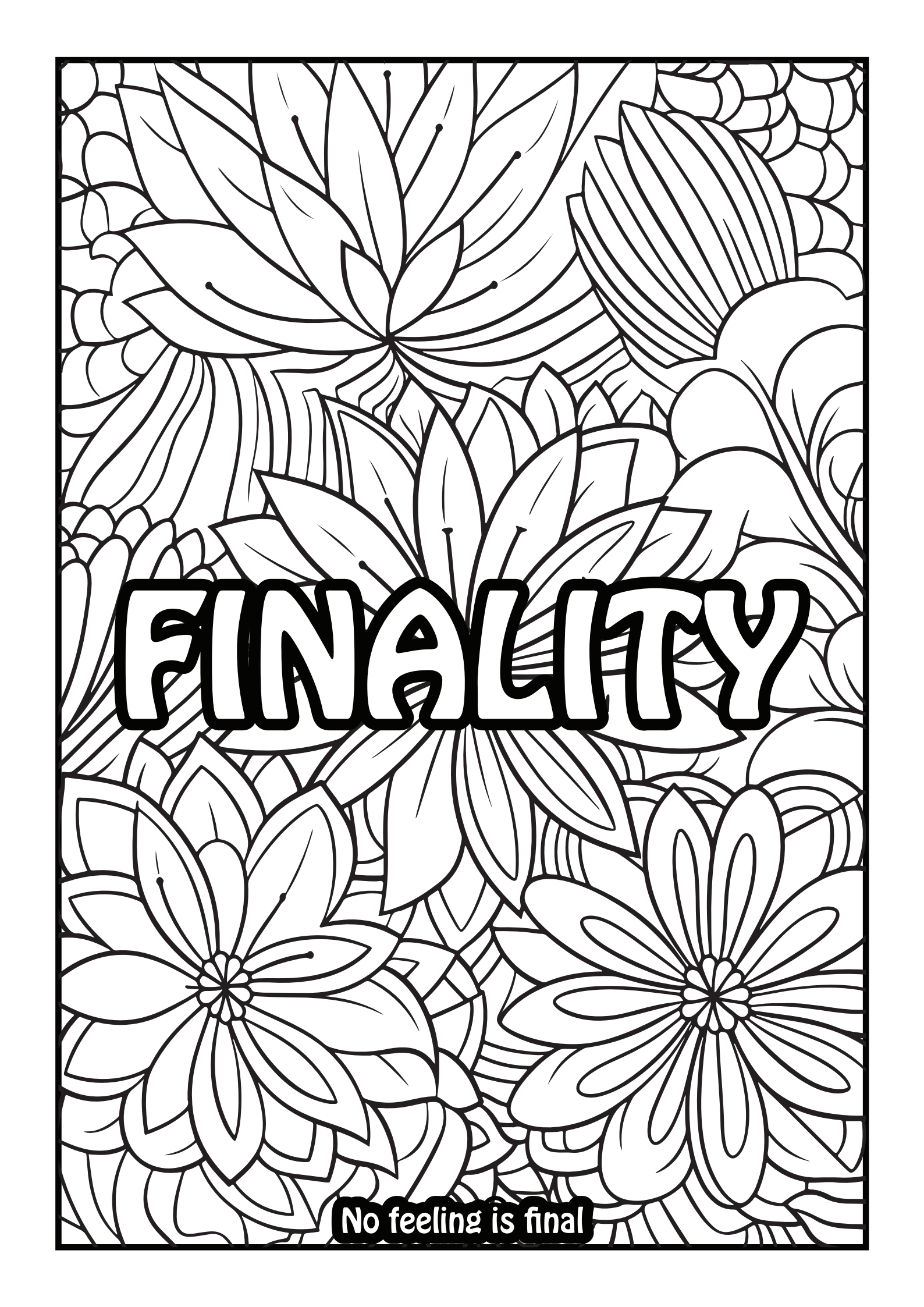
FEELINGS

How often do you verbally express your feelings?



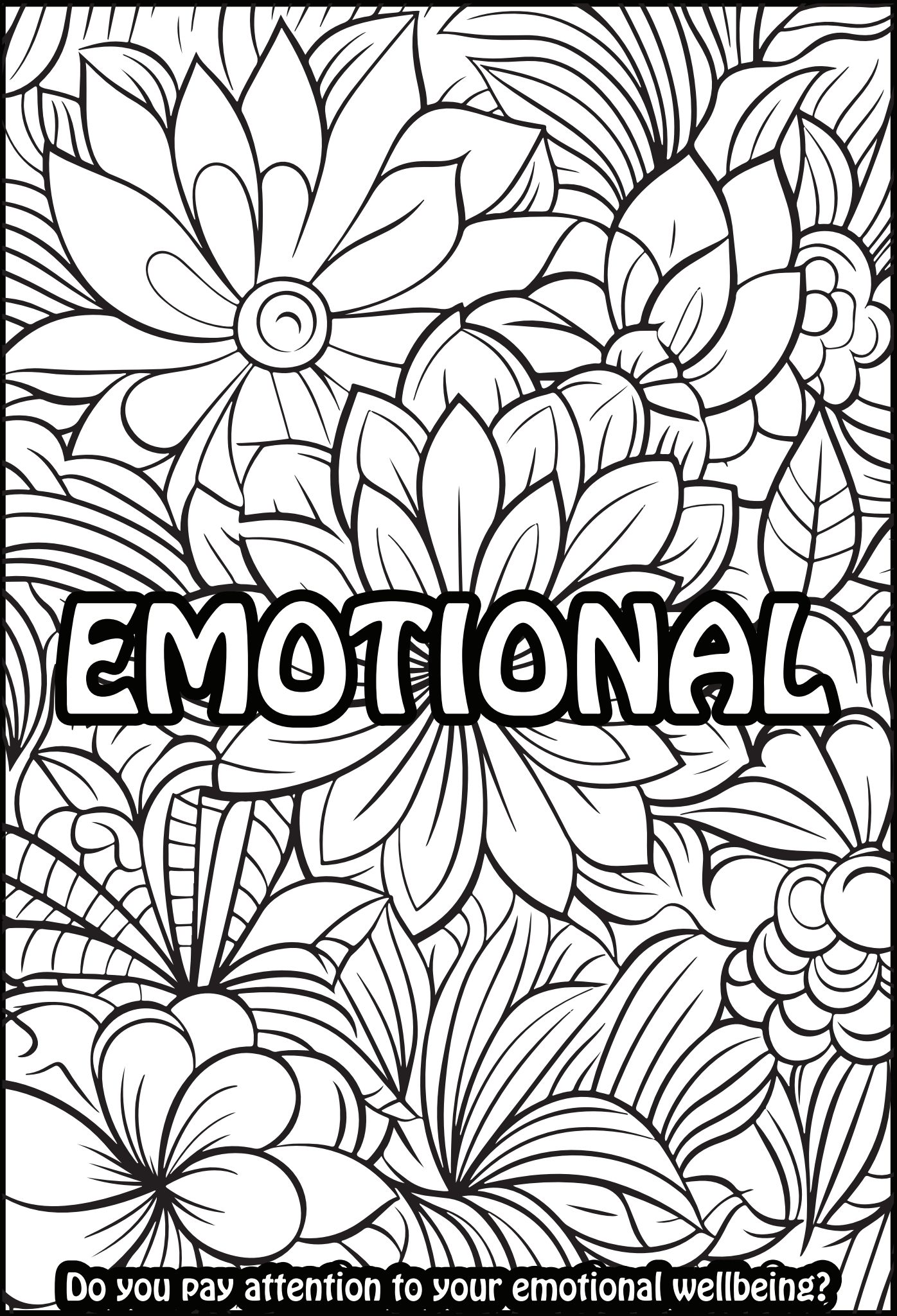
HAPPINESS

Happiness is an emotion and we know our emotions are constantly responding to our daily experiences



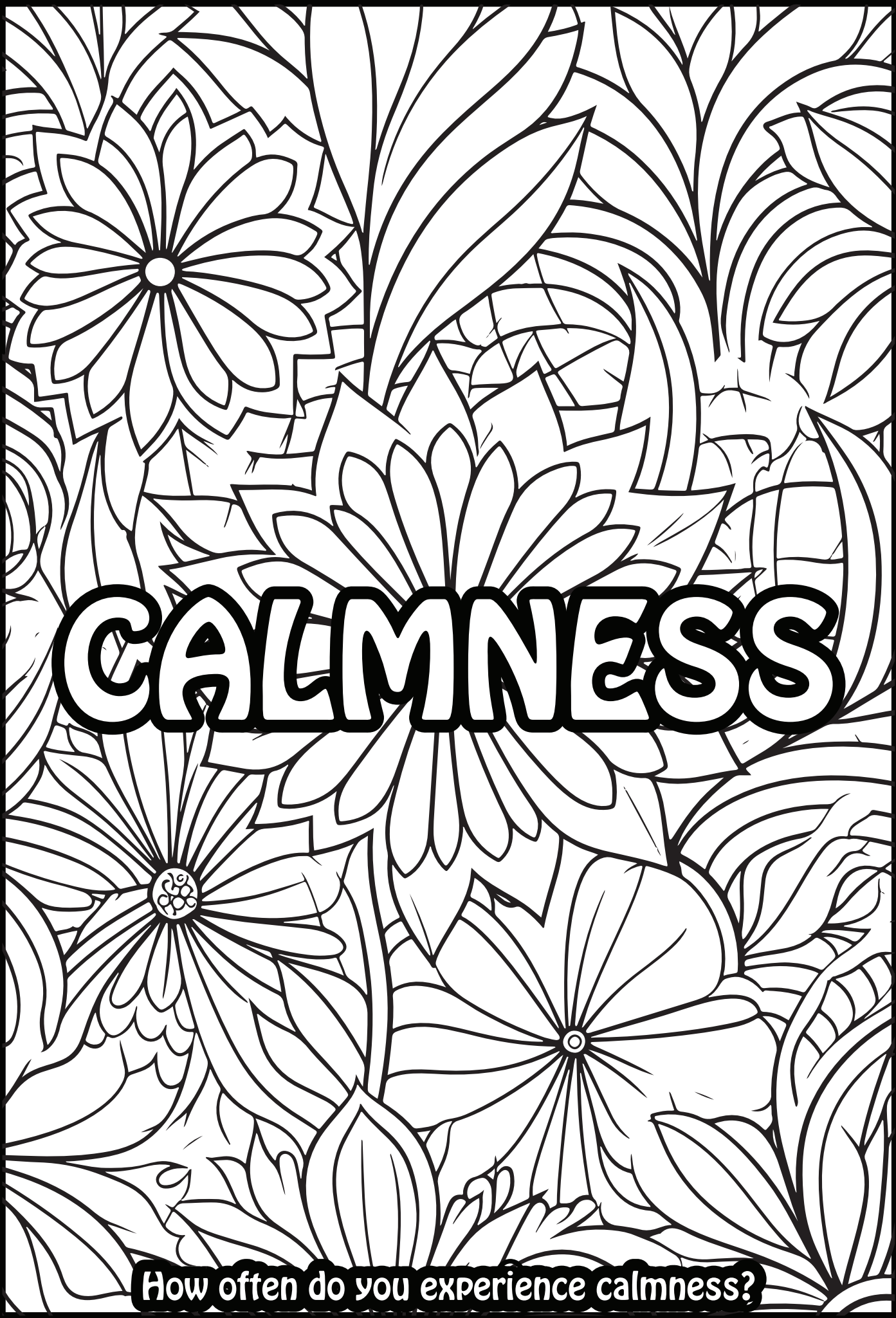
FINALITY

No feeling is final



EMOTIONAL

Do you pay attention to your emotional wellbeing?

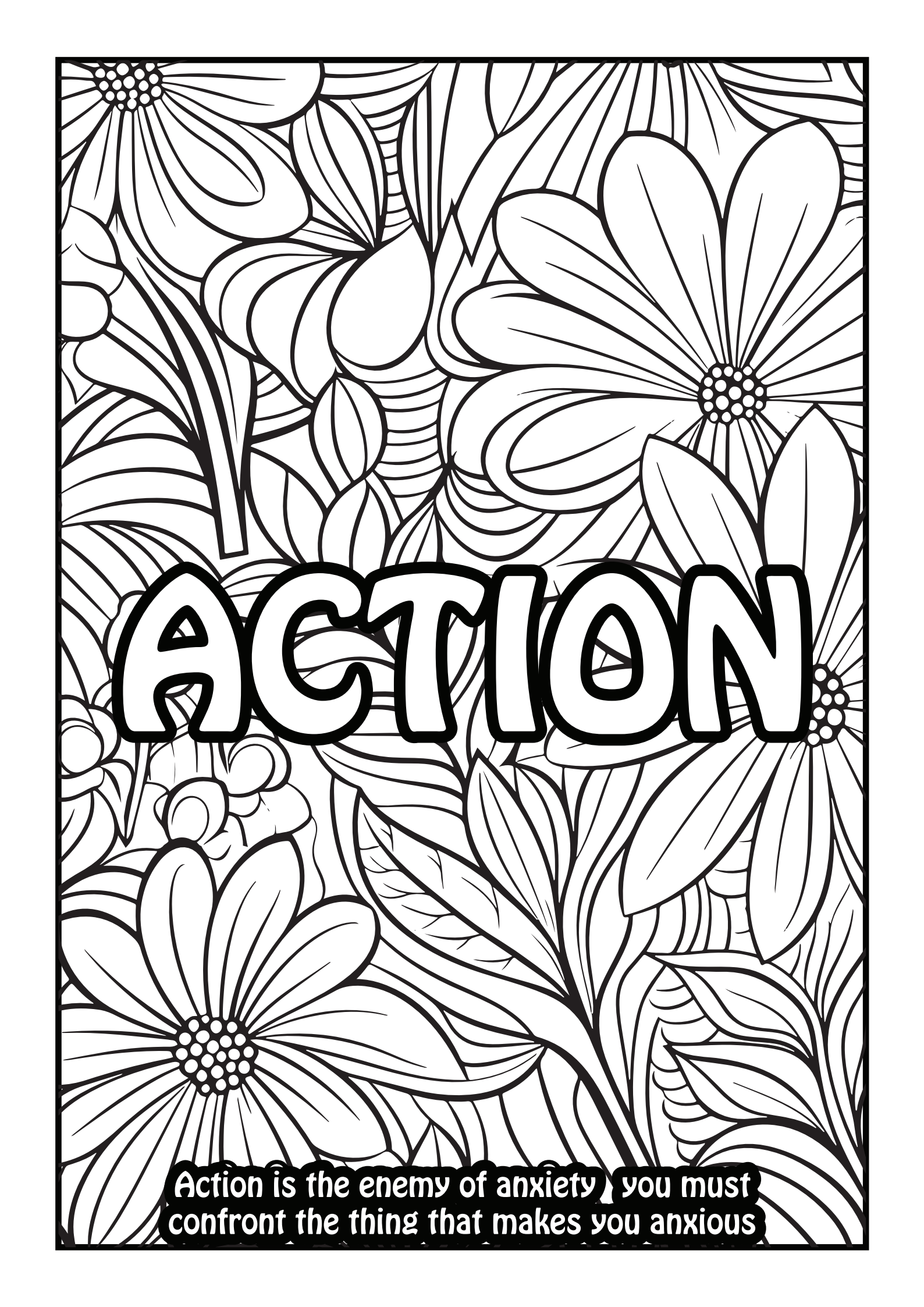


CALMNESS

How often do you experience calmness?

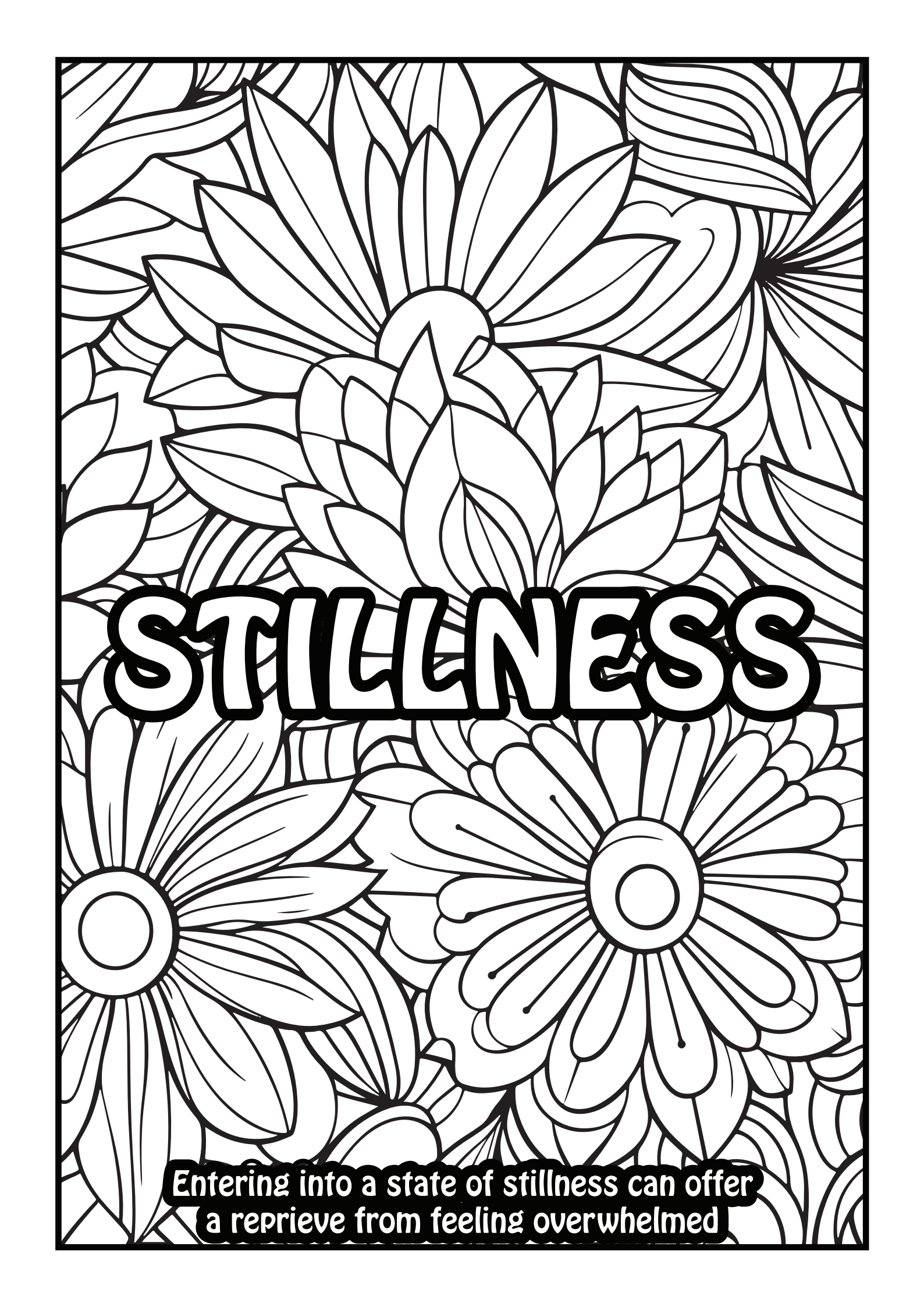
CHAPTER 4

ACTIONS



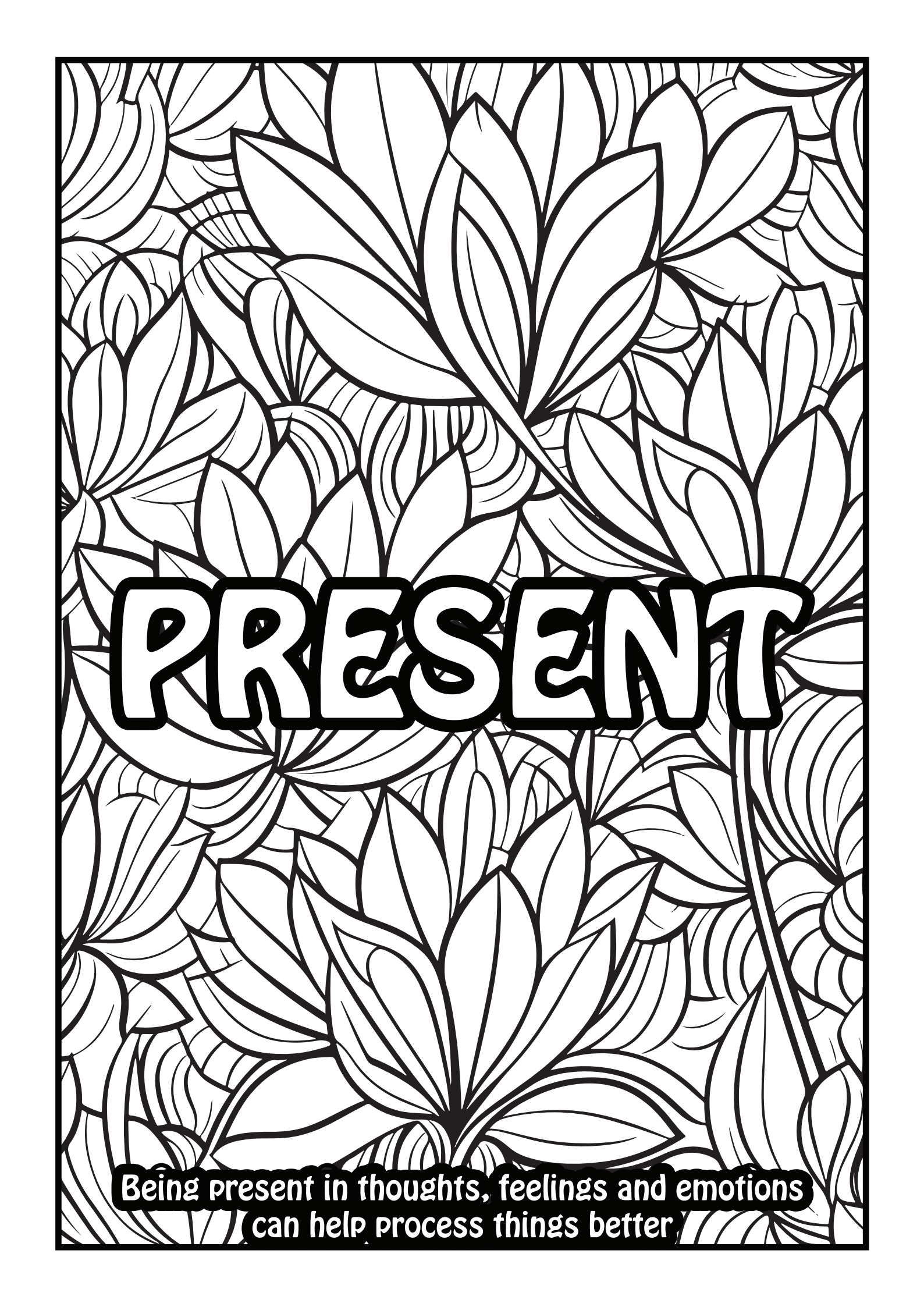
ACTION

**Action is the enemy of anxiety, you must
confront the thing that makes you anxious**



STILLNESS

Entering into a state of stillness can offer
a reprieve from feeling overwhelmed



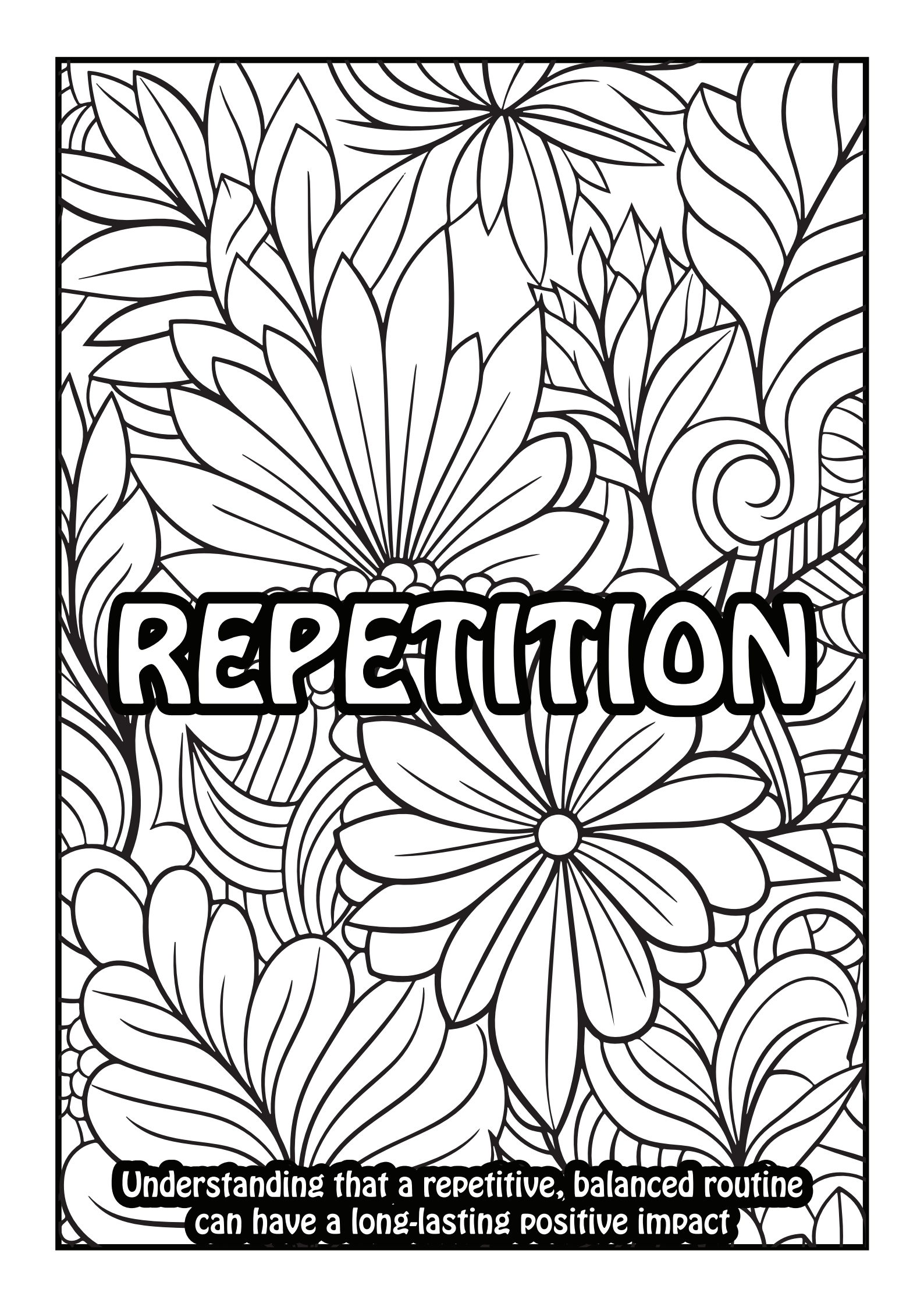
PRESENT

**Being present in thoughts, feelings and emotions
can help process things better**



HEALTH

**Your overall health is made up of multiple
areas - can you identify them?**



REPETITION

Understanding that a repetitive, balanced routine
can have a long-lasting positive impact



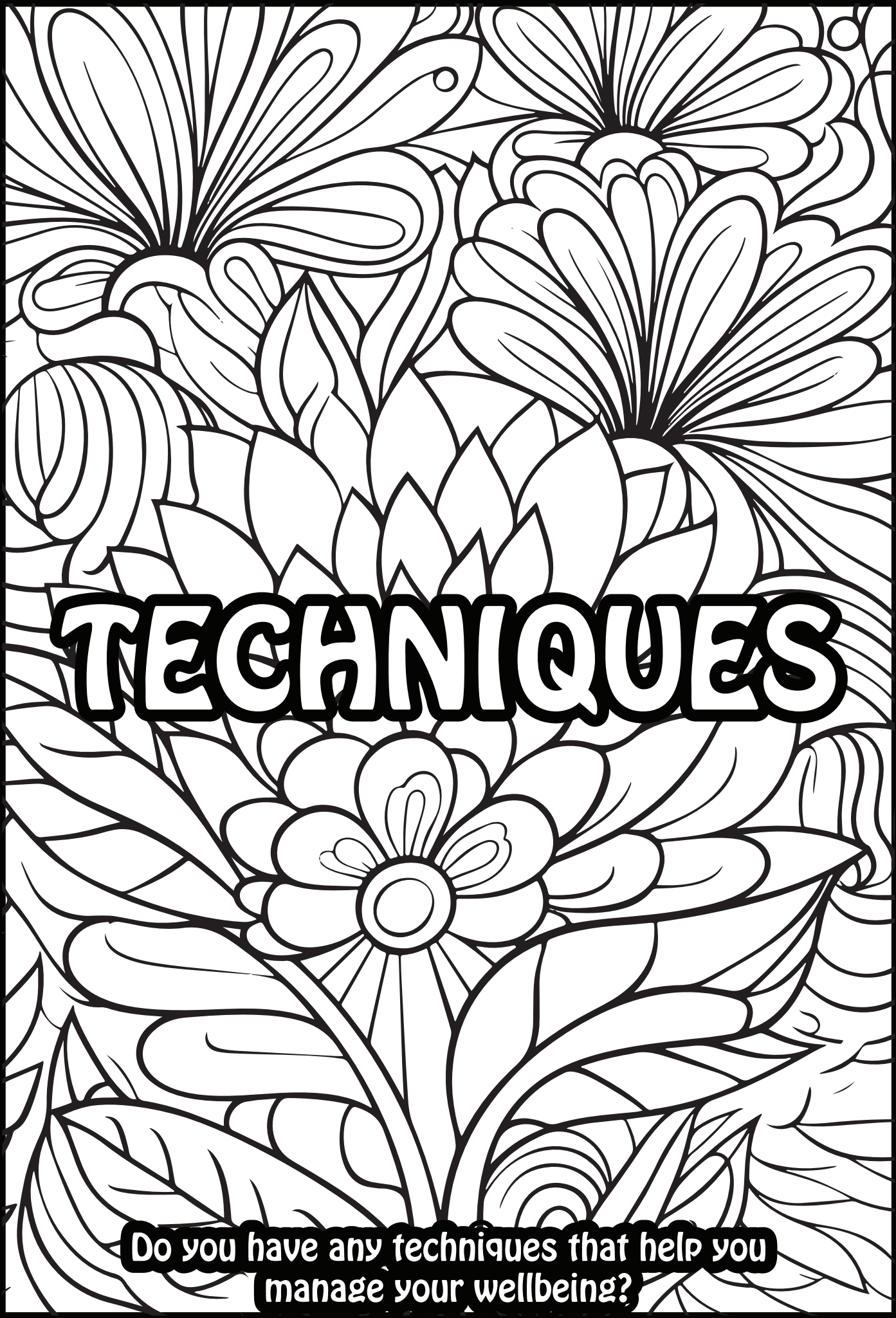
COMMUNICATE

Who can you communicate your thoughts
and feelings to?



SOCIAL

**Being social is part of your wellbeing - make
it a priority**



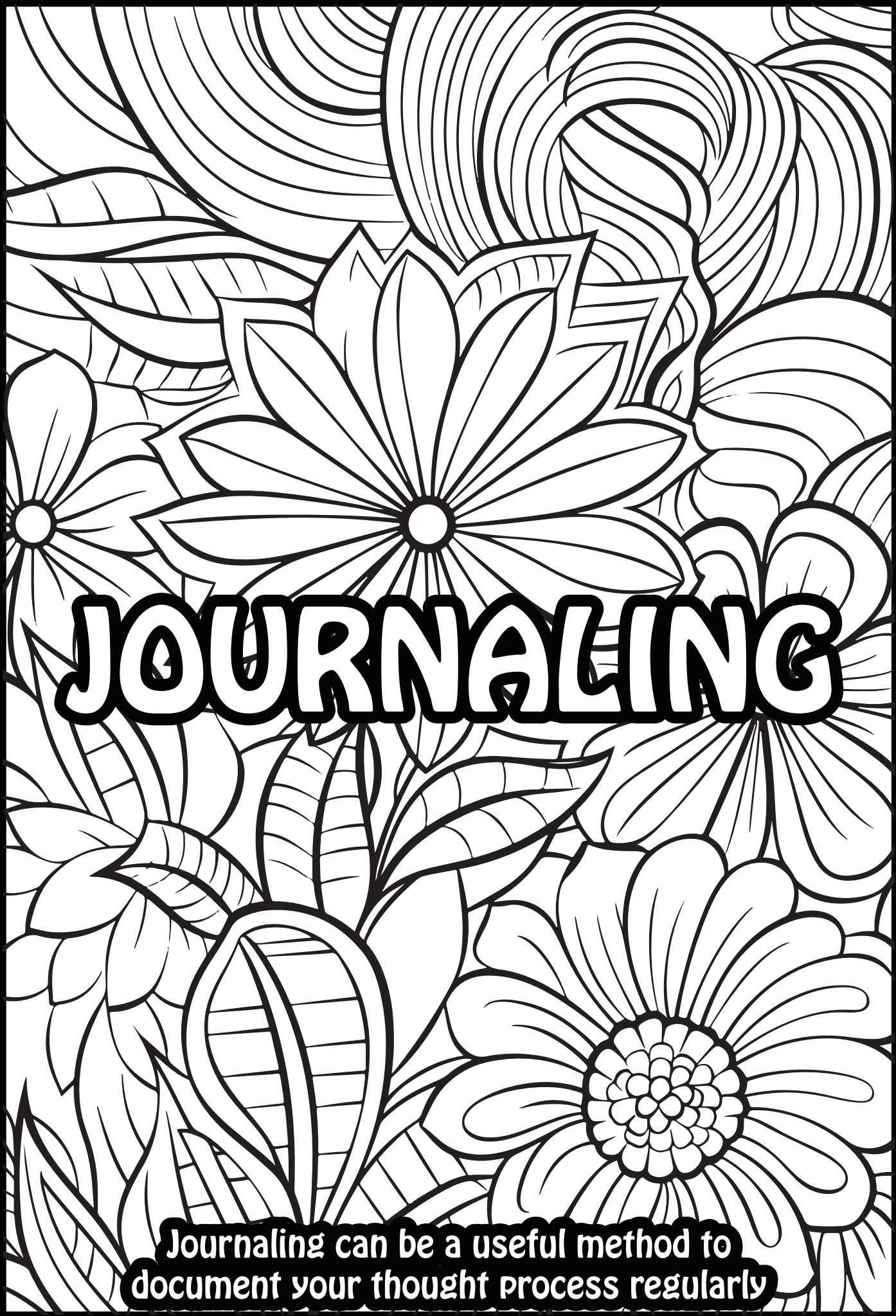
TECHNIQUES

**Do you have any techniques that help you
manage your wellbeing?**



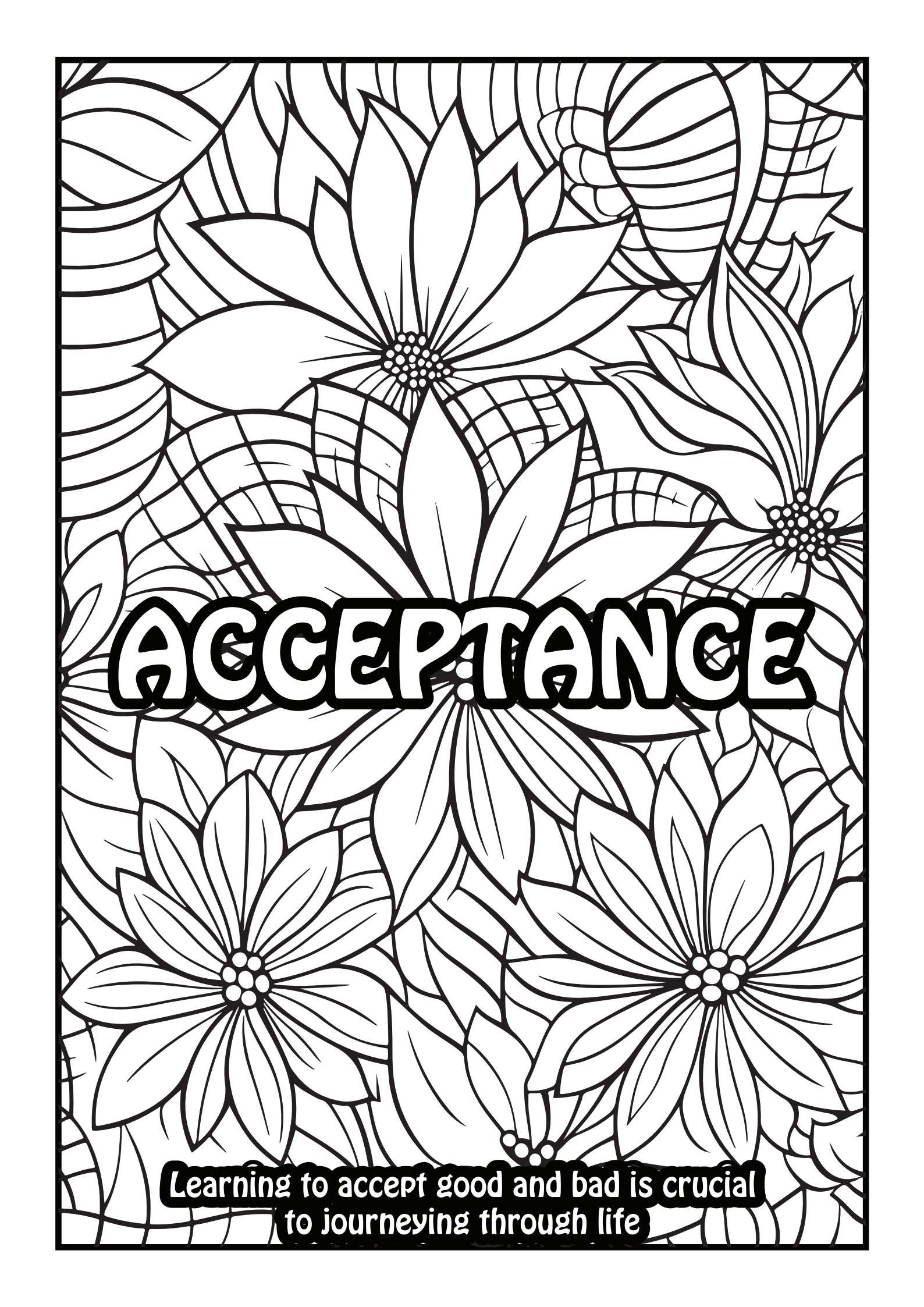
GOAL

How often do you set goals for yourself?



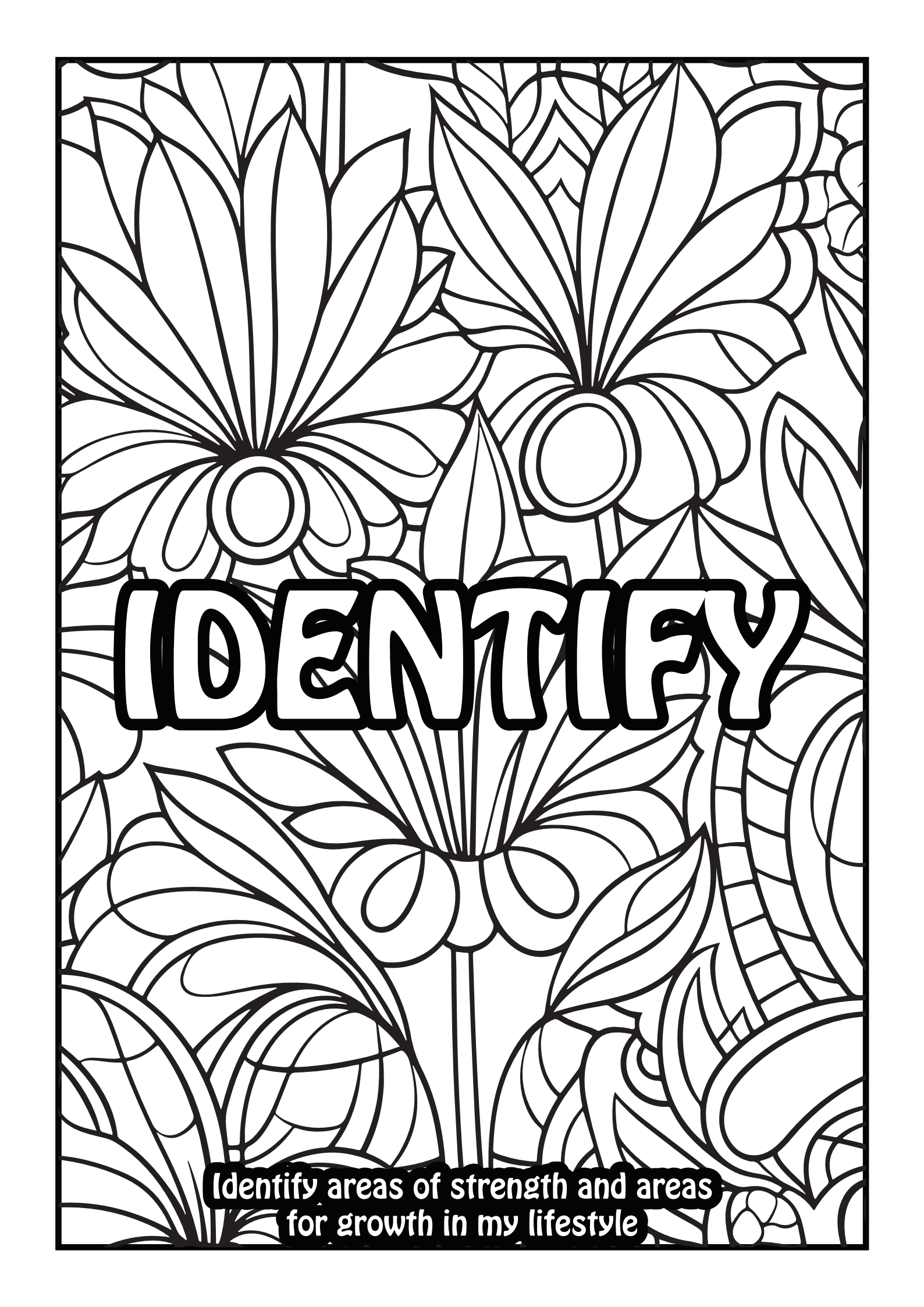
JOURNALING

**Journaling can be a useful method to
document your thought process regularly**



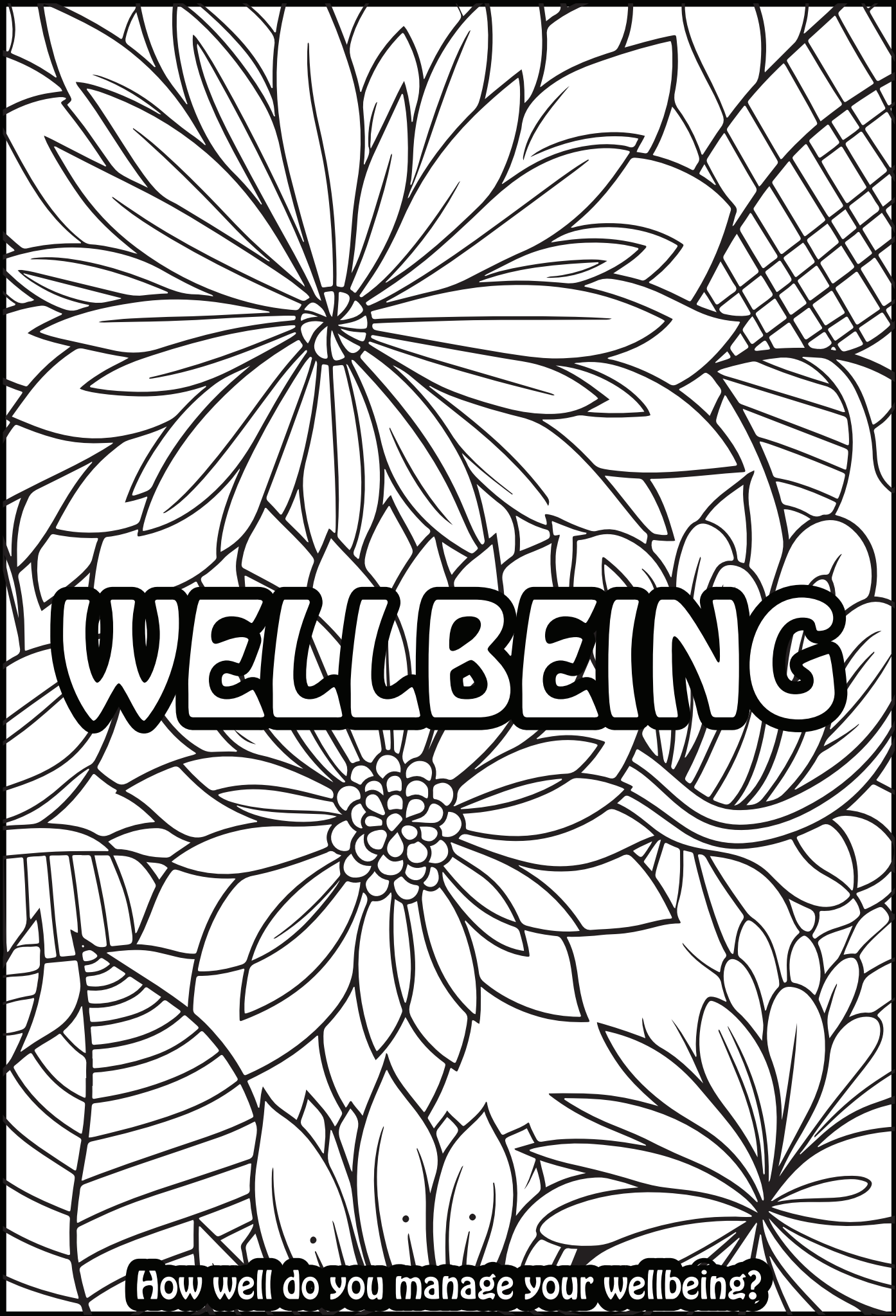
ACCEPTANCE

**Learning to accept good and bad is crucial
to journeying through life**



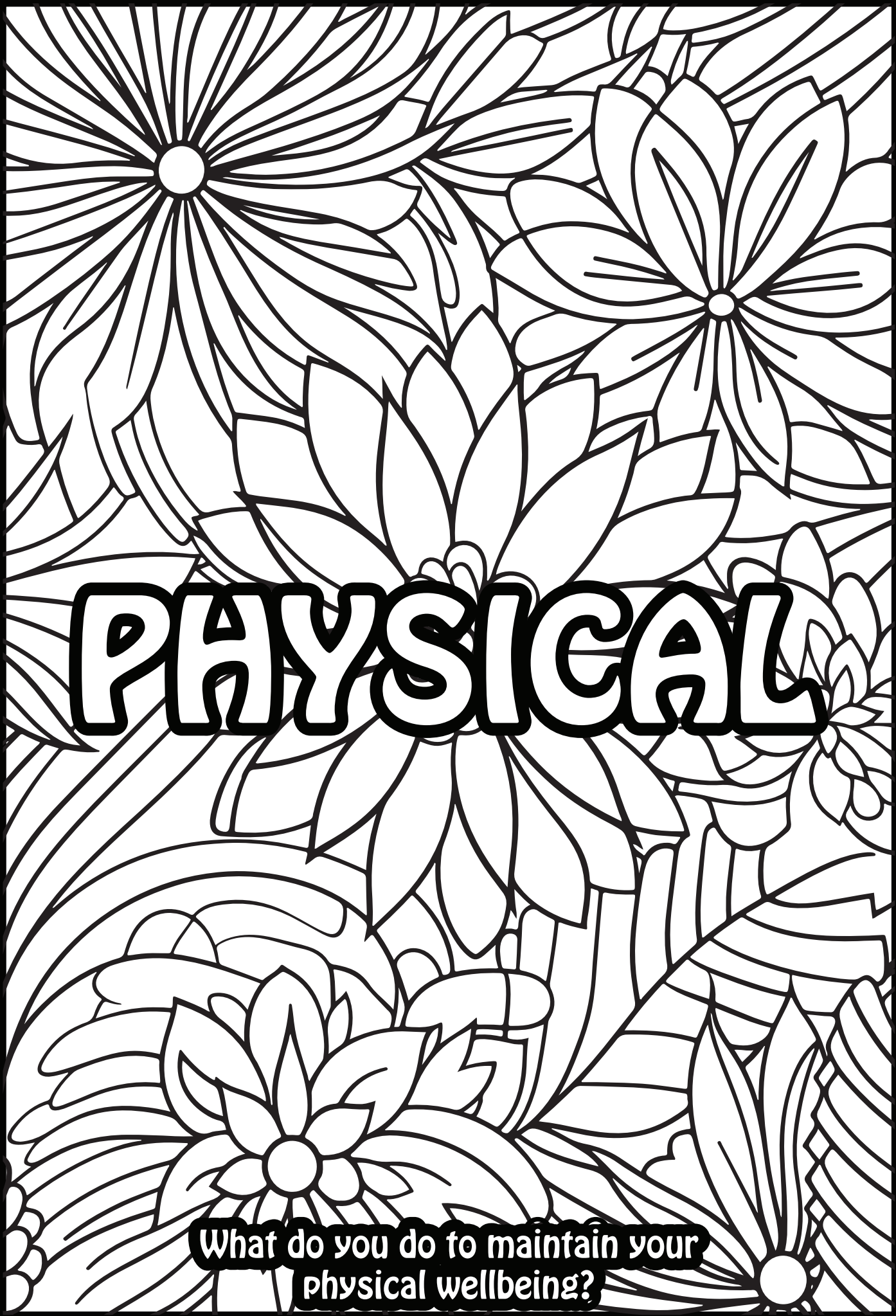
IDENTIFY

Identify areas of strength and areas
for growth in my lifestyle



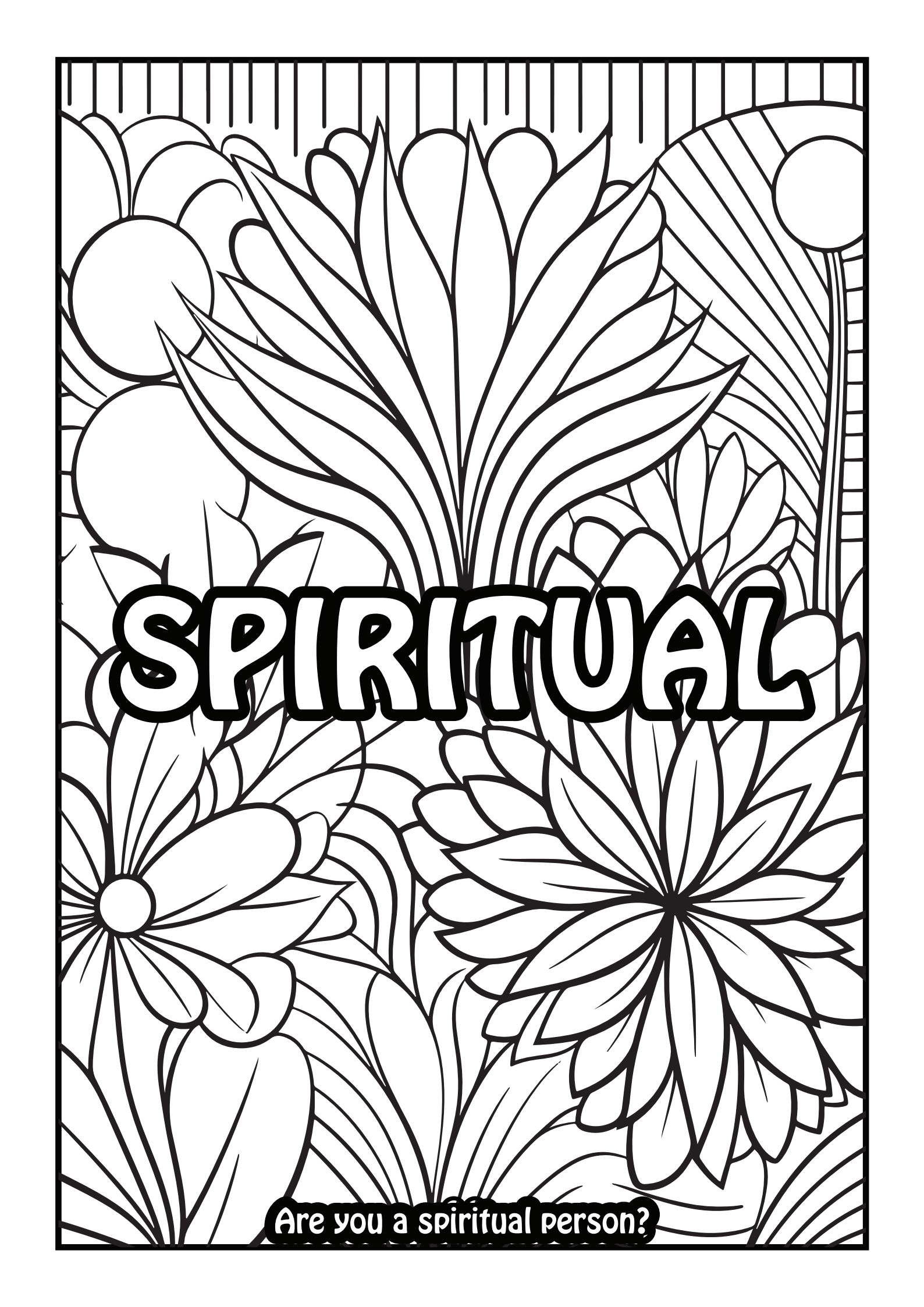
WELLBEING

How well do you manage your wellbeing?



PHYSICAL

What do you do to maintain your
physical wellbeing?



SPIRITUAL

Are you a spiritual person?



OPENNESS

Are you open to change and improvement?



ACTIVE

Am I prioritising being active within my lifestyle?

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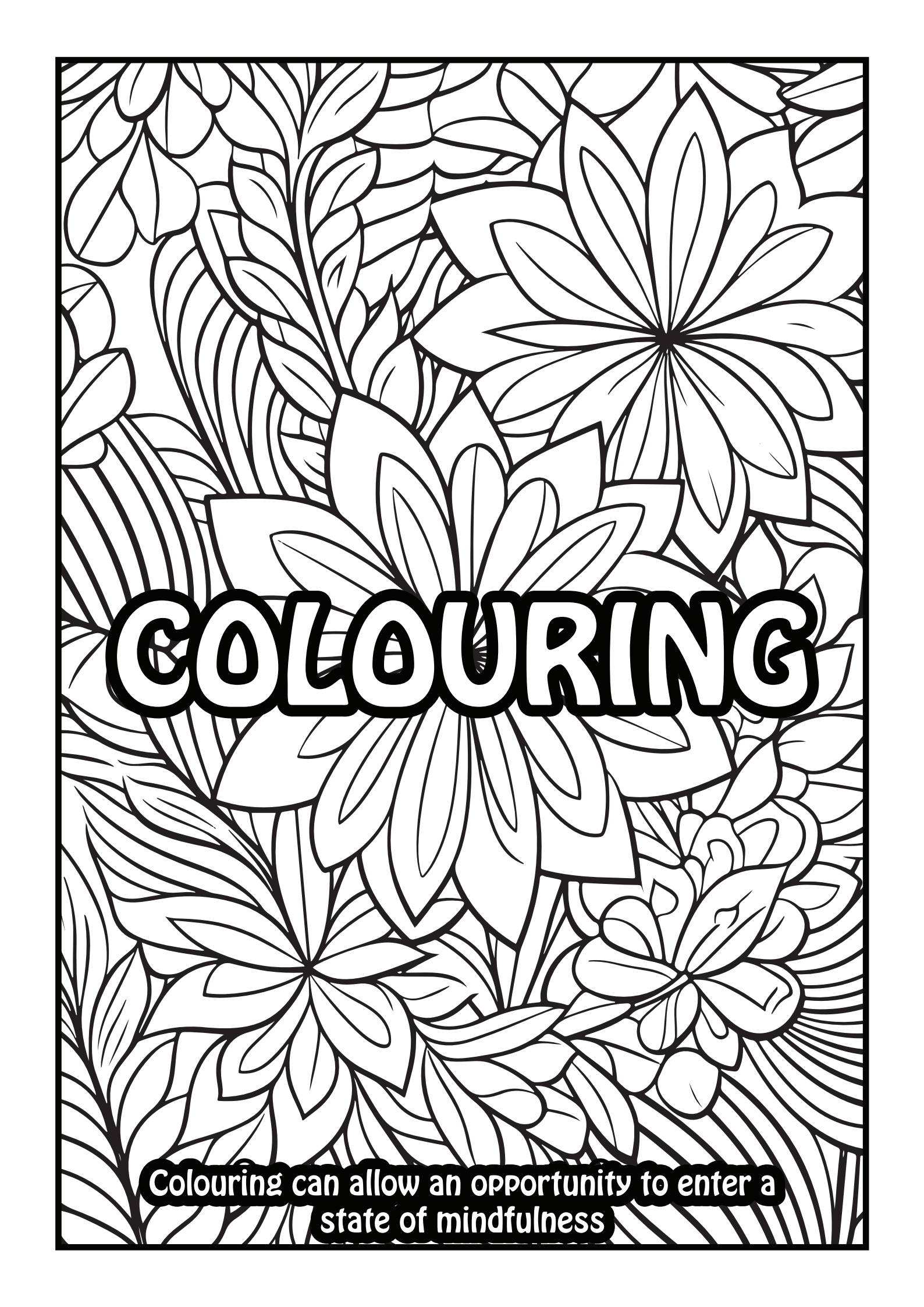
CHAPTER

RESOURCES



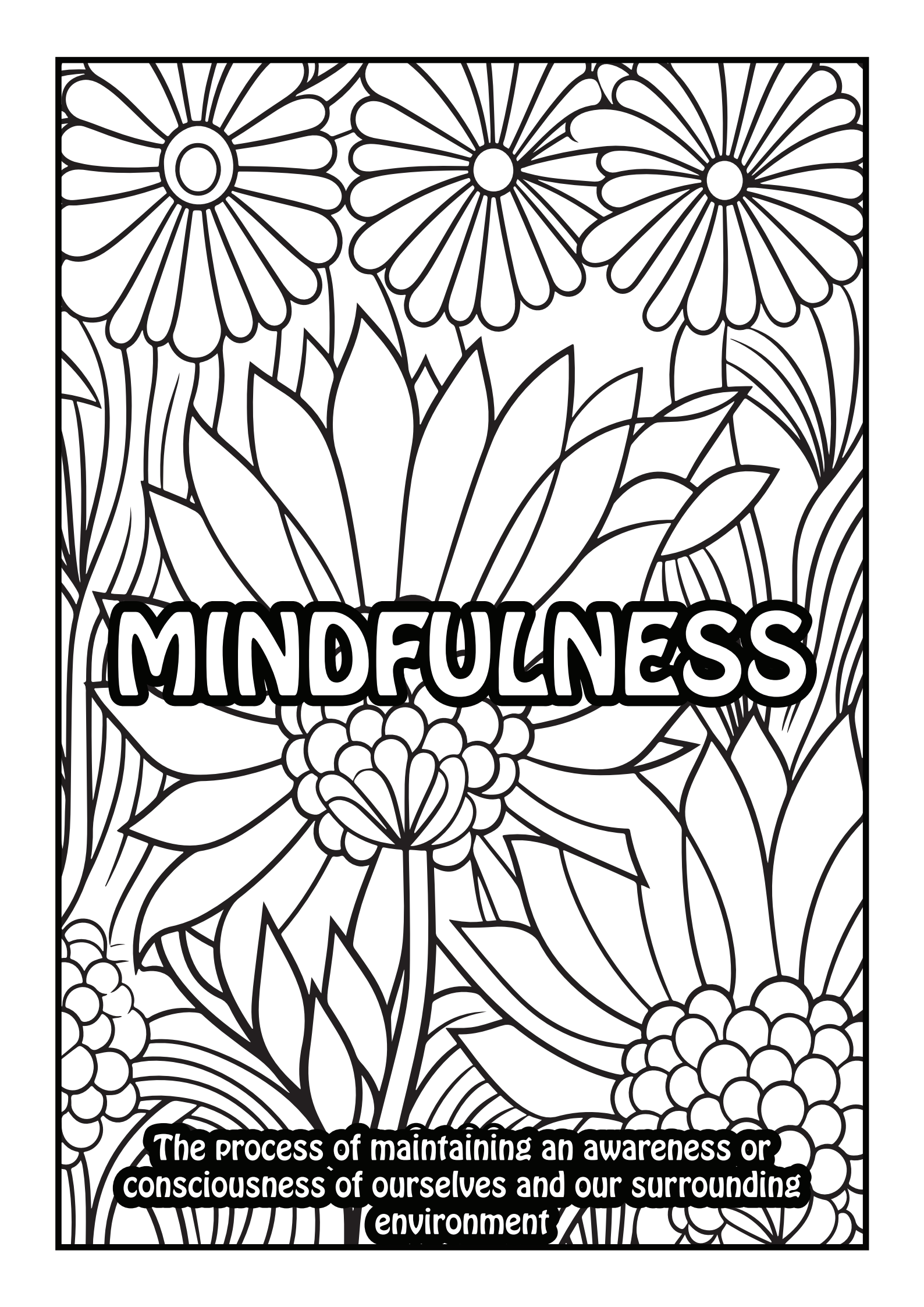
THERAPY

Consider ways to help improve wellbeing
What can act as your therapy?



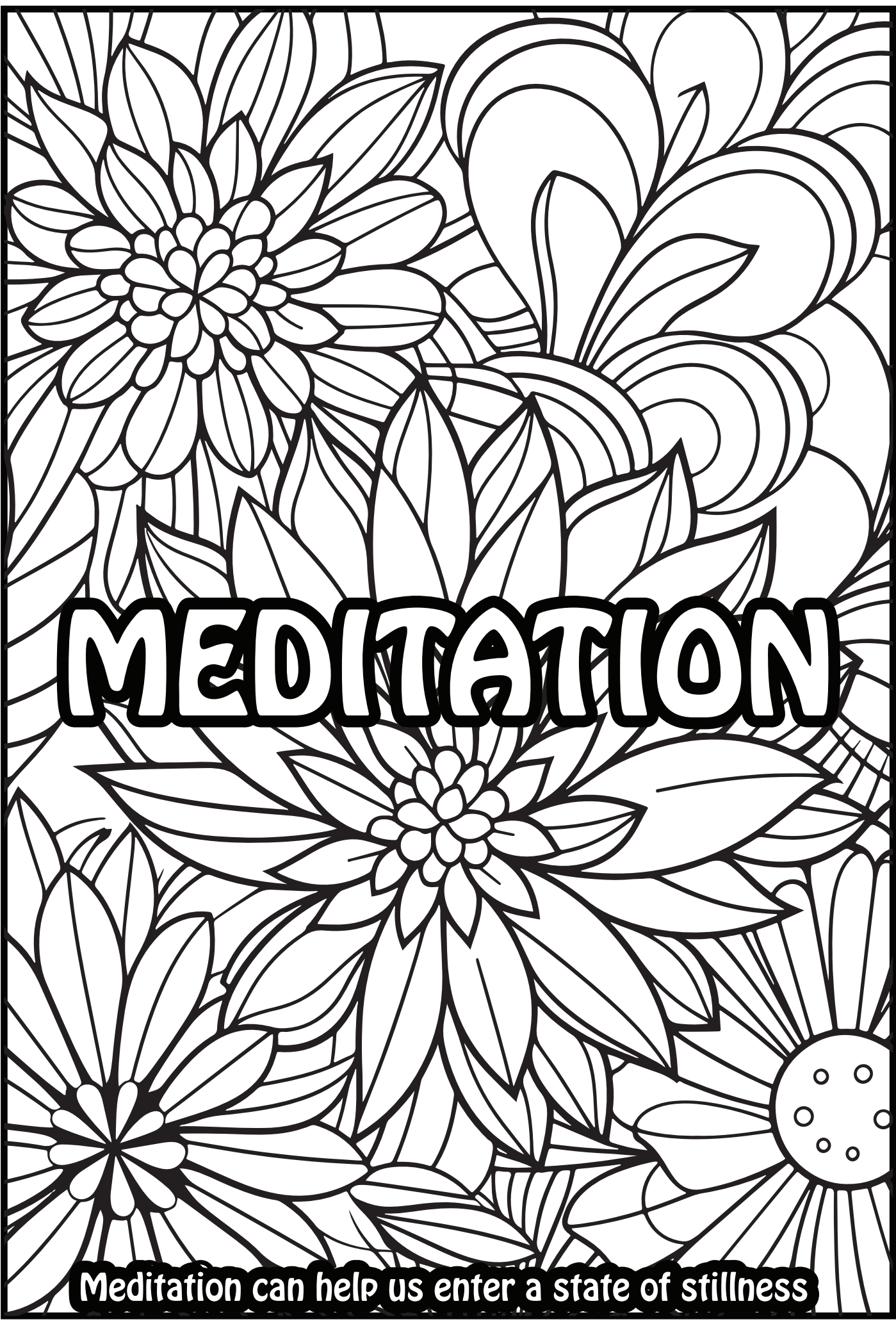
COLOURING

Colouring can allow an opportunity to enter a
state of mindfulness



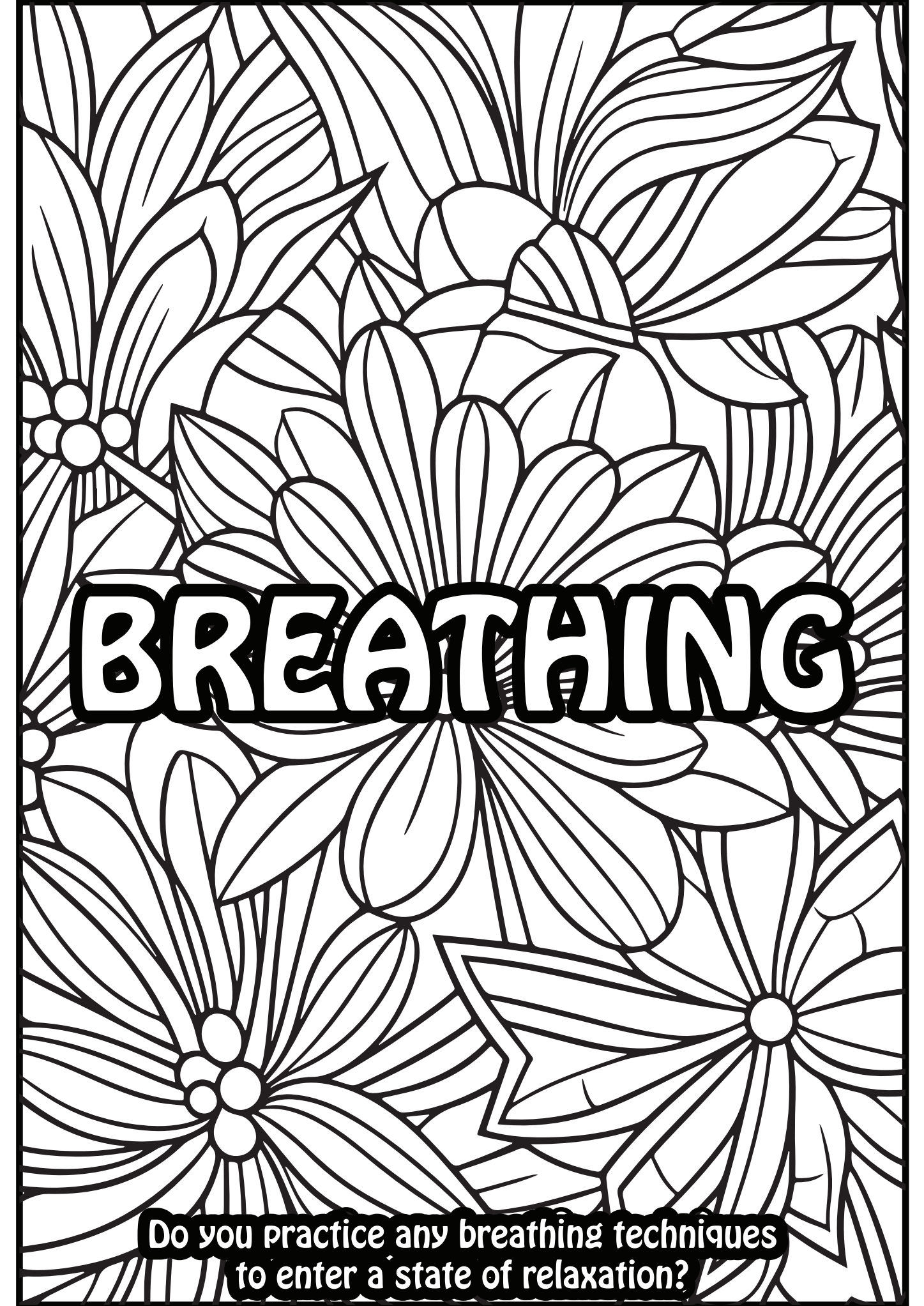
MINDFULNESS

**The process of maintaining an awareness or
consciousness of ourselves and our surrounding
environment**



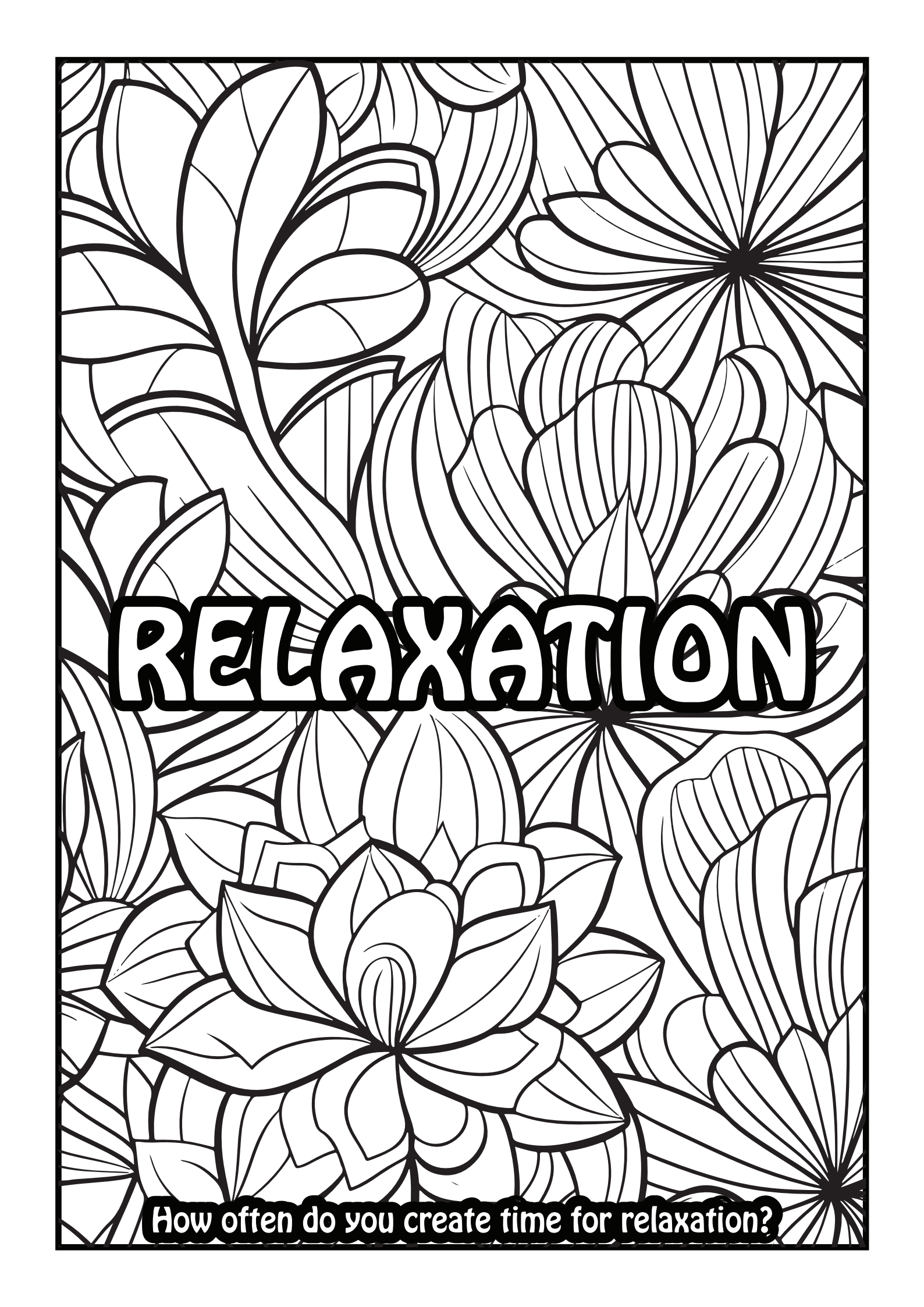
MEDITATION

Meditation can help us enter a state of stillness



BREATHING

**Do you practice any breathing techniques
to enter a state of relaxation?**



RELAXATION

How often do you create time for relaxation?

Discover the power of mindful colouring to reduce stress, anxiety, and negative thoughts. This unique colouring book combines the relaxing art of colouring with the proven techniques of Cognitive Behavioural Therapy (CBT).

Inside you'll find:

- Intricate and beautiful designs to soothe your mind and awaken your creativity.
- CBT-based prompts and reflections to help you identify and challenge negative thought patterns.
- Mindful colouring exercises to increase self-awareness and cultivate a sense of calm.
- Positive affirmations to boost your mood and encourage self-compassion.

This is more than just a colouring book; it's a journey of self-discovery to help you find and maintain a balanced thought-process.

