FREE ANXIETY COLOURING PAGES

Colour *to calm*

Colouring gives an anxious mind something gentle to focus on. The repeating shapes and slow movements can help steady your breathing and quiet racing thoughts. There is no right way to do it. Pick any colours you like, go outside the lines, and stop whenever you want.

1 **Settle in**
Find a comfortable spot. Put your phone on silent if you can.

2 **Breathe as you colour**
Breathe in as you start a shape, and out slowly as you fill it.

3 **Notice, don't judge**
When a worry comes up, notice it, then bring your attention back to the colour and the page.

4 **Check in after**
How does your body feel now compared to when you started?

Before I start, my anxiety is
0 1 2 3 4 5 6 7 8 9 10

After colouring, my anxiety is
0 1 2 3 4 5 6 7 8 9 10

Inside this pack
A calming mandala · Gentle waves · A garden of leaves and flowers · "Breathe" affirmation page

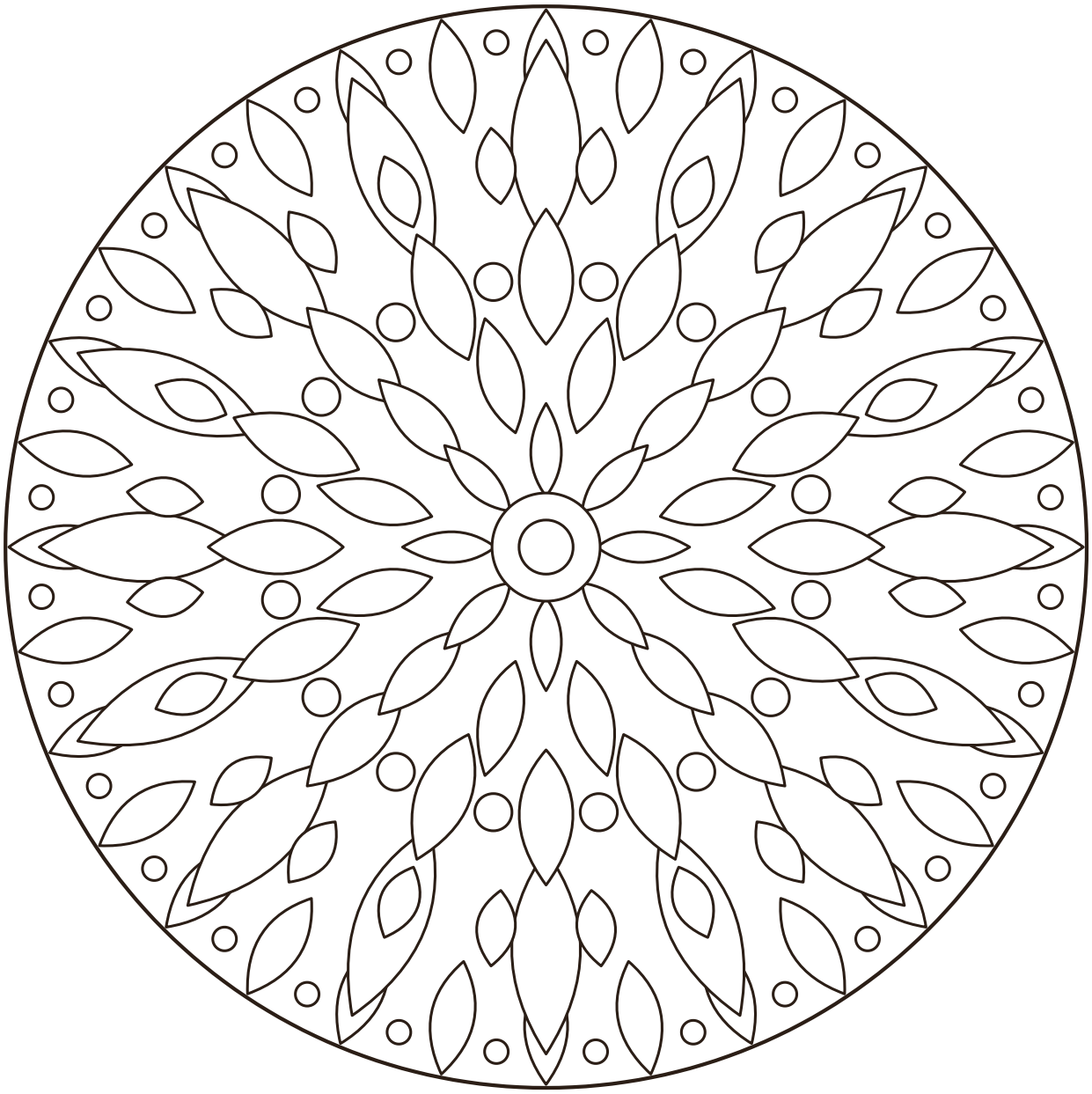
You don't have to do this alone.
Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

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A calming mandala

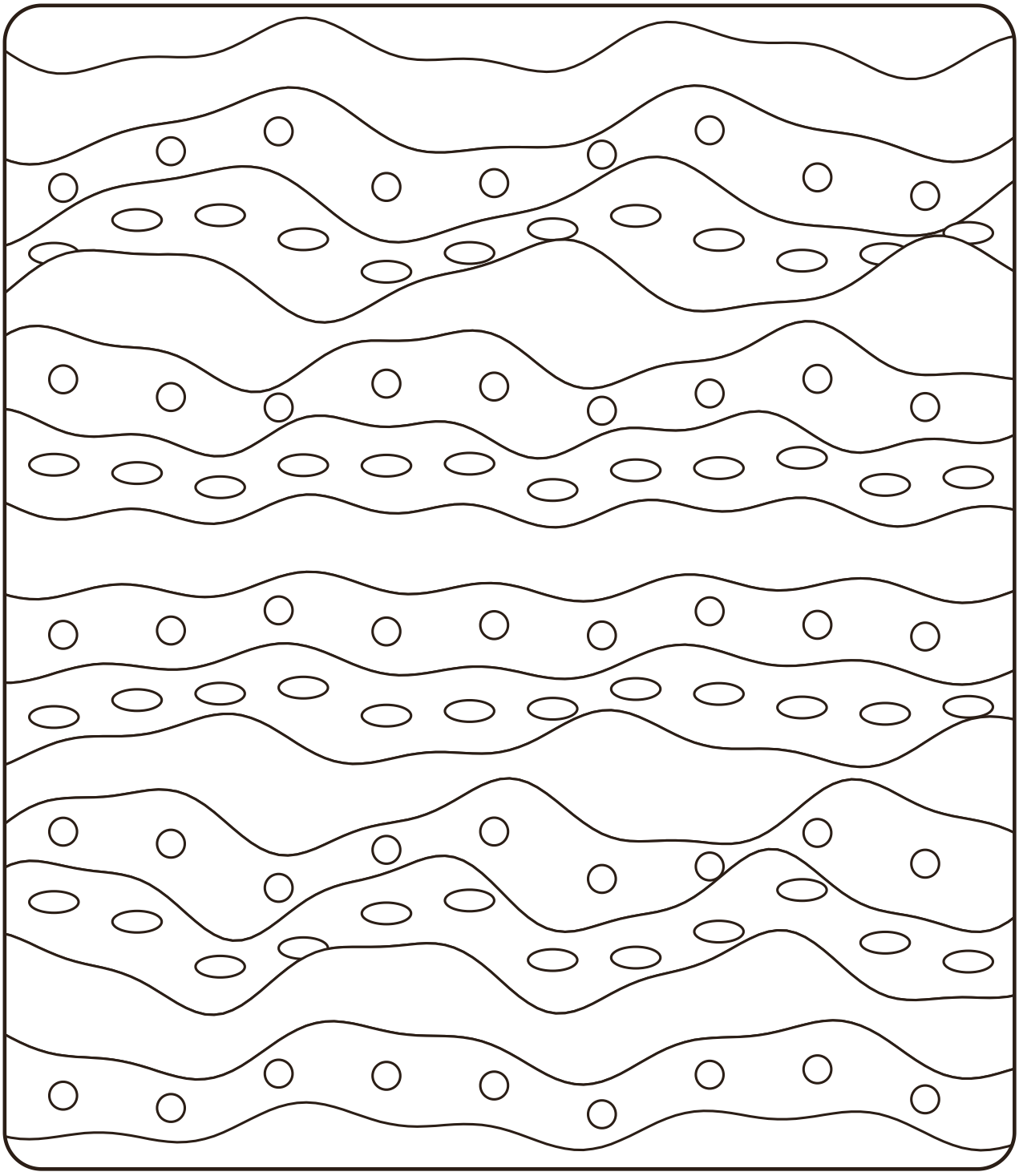
Start from the centre and work your way out, one ring at a time.



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Gentle waves

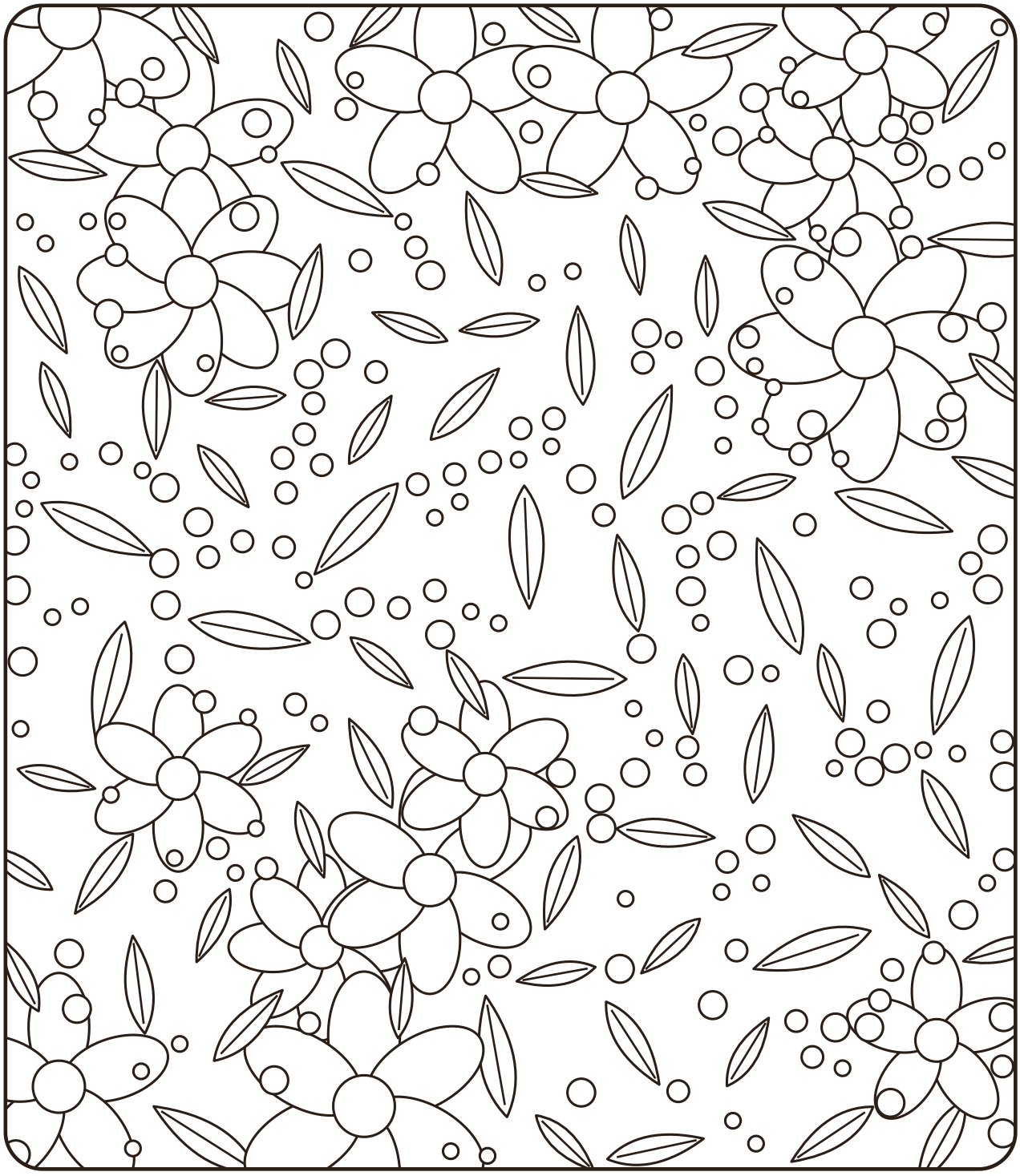
Colour one wave at a time, slowly, like breathing in and out.



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A quiet garden

Fill the leaves and flowers in any colours you like.



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Breathe

Colour the words and shapes. Say them to yourself as you go.

