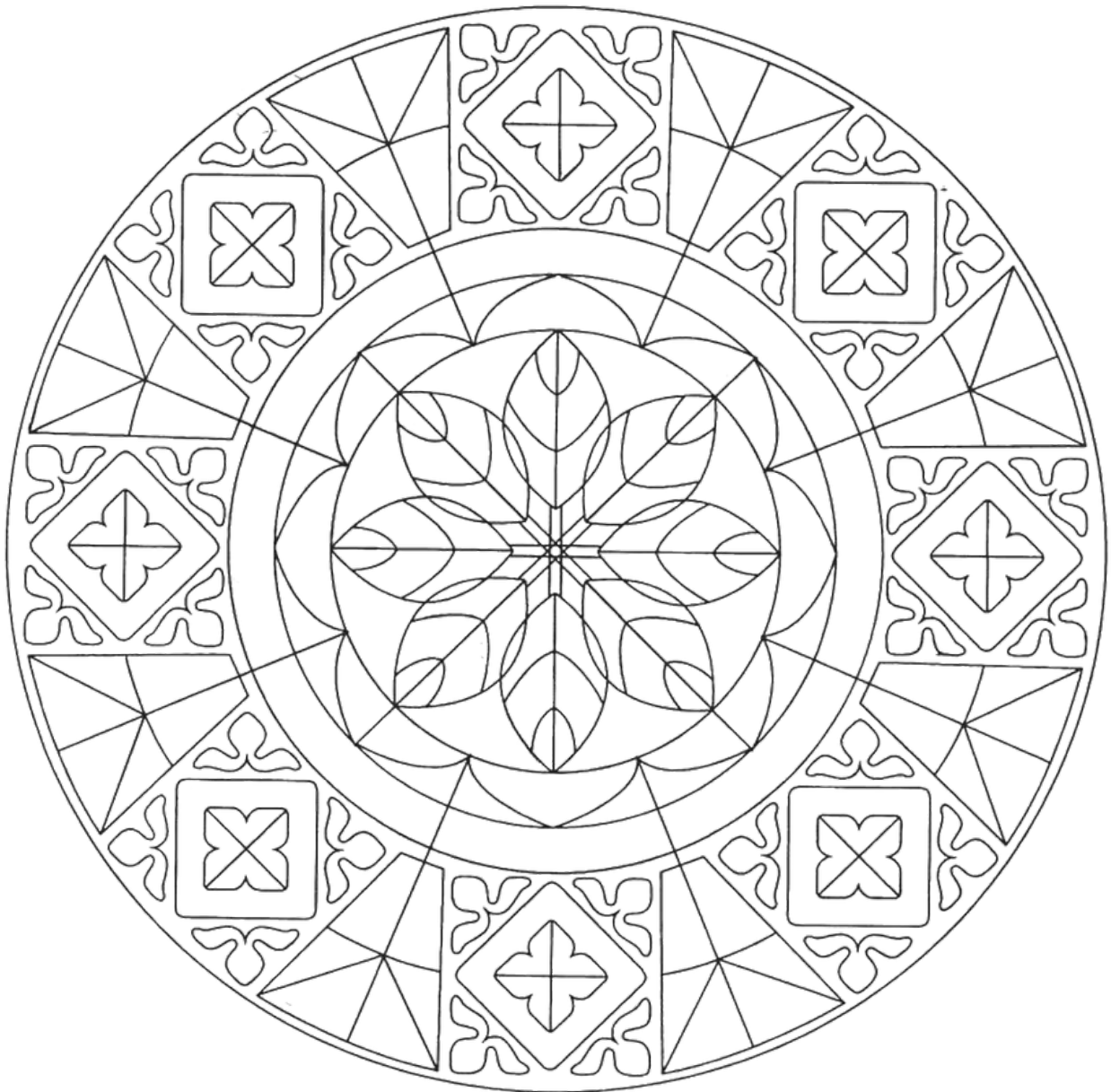


DE-STRESS DRAWING EXERCISE



Well-being Mandala

Feel free to choose whichever colours you like to colour in the mandala and follow the below prompts:

Imagine yourself at a calm and idyllic place.

Allow yourself to feel the soothing effect of nature.

Give yourself permission to relax.

Imagine what inner harmony would feel like.