

# Thank you for joining Clara's Colouring Corner Bold and Easy Series for Teens and Adults

**Tip: Print Single Sided to prevent bleed through**

## A Little Moment for You

As a Health Professional, I have seen firsthand how the pace of modern life can take a toll on our wellbeing. Taking small moments for yourself through mindful and **relaxing activities** can help restore balance, calm the mind, and nurture self-care.

**Colouring** is a simple yet powerful way to relax. It encourages focus, creativity, and gentle mindfulness — giving your mind a break from everyday stress.

**Bold and Easy designs** are especially calming to colour. With clear lines and open spaces, they allow you to relax, colour freely, and enjoy the soothing rhythm of creativity without pressure or complexity.

Take a moment, breathe, and enjoy this time just for you.

Because caring for yourself is just as important as caring for others

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