



LET'S **TALK** *Self-Care*


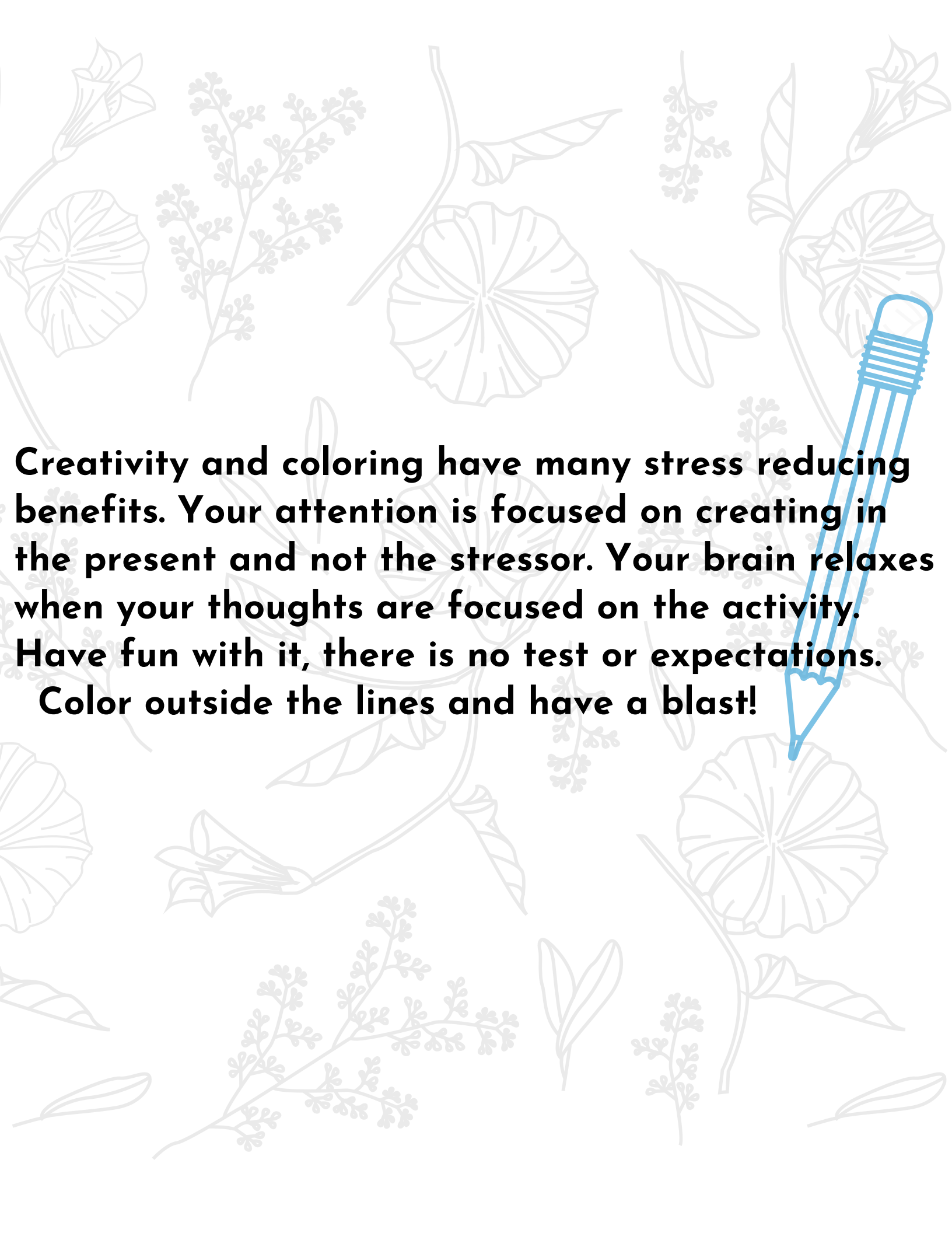
*Fun Coloring Pages*

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**Creativity and coloring have many stress reducing benefits. Your attention is focused on creating in the present and not the stressor. Your brain relaxes when your thoughts are focused on the activity. Have fun with it, there is no test or expectations. Color outside the lines and have a blast!**





The page is decorated with various line art illustrations. In the top left corner, there are several leaves on a vine. At the top center, a butterfly is shown in flight. To the left of the text, another butterfly is depicted. To the right, a third butterfly is shown. The bottom of the page is filled with a variety of flowers, including large daisies, smaller blossoms, and buds, along with their respective leaves and stems.

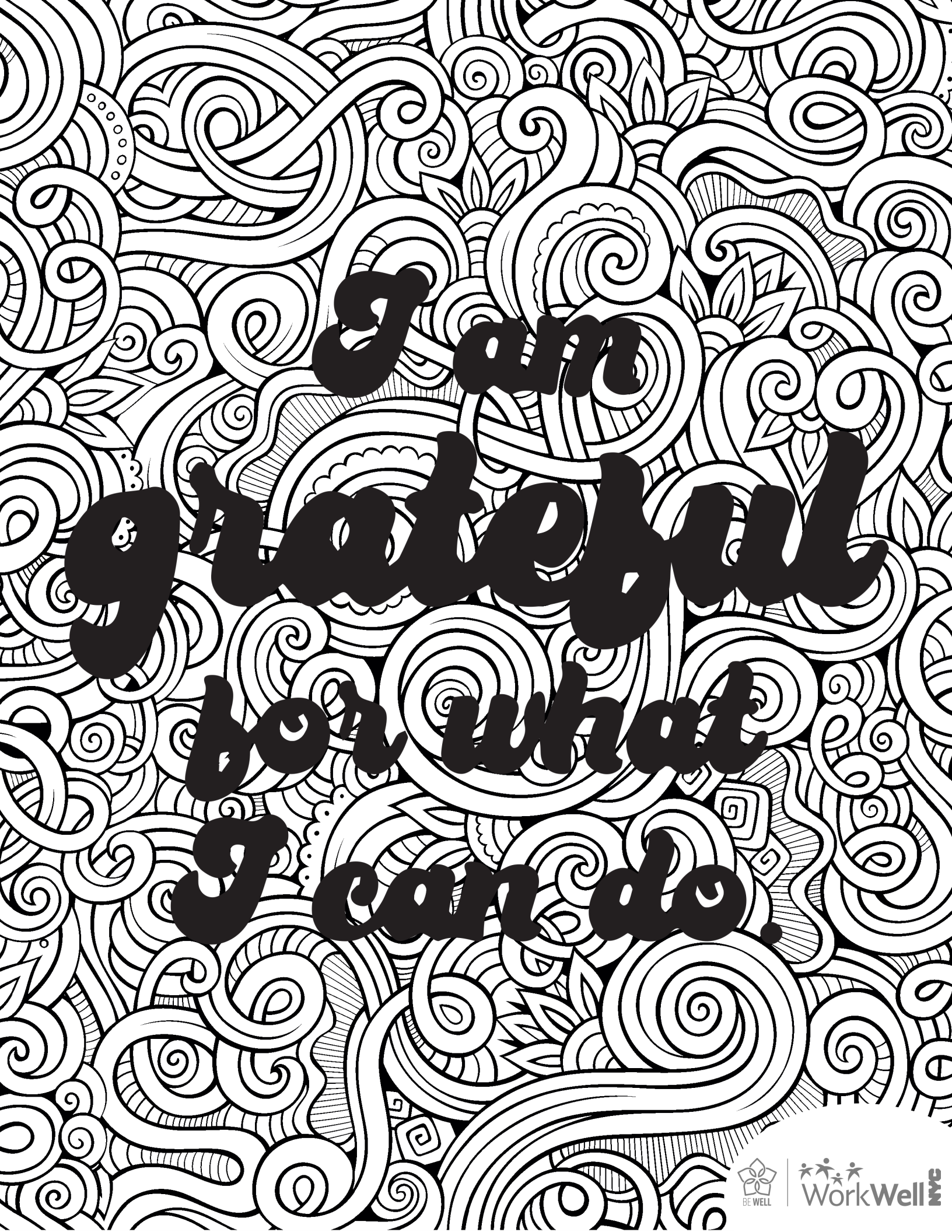
I Love  
Myself  
for  
who I Am.





I AM  
STRONG  
AND  
POWERFUL





**I am  
gratefull  
for what  
I can do.**

TODAY,  
I WILL  
SUCCEED.





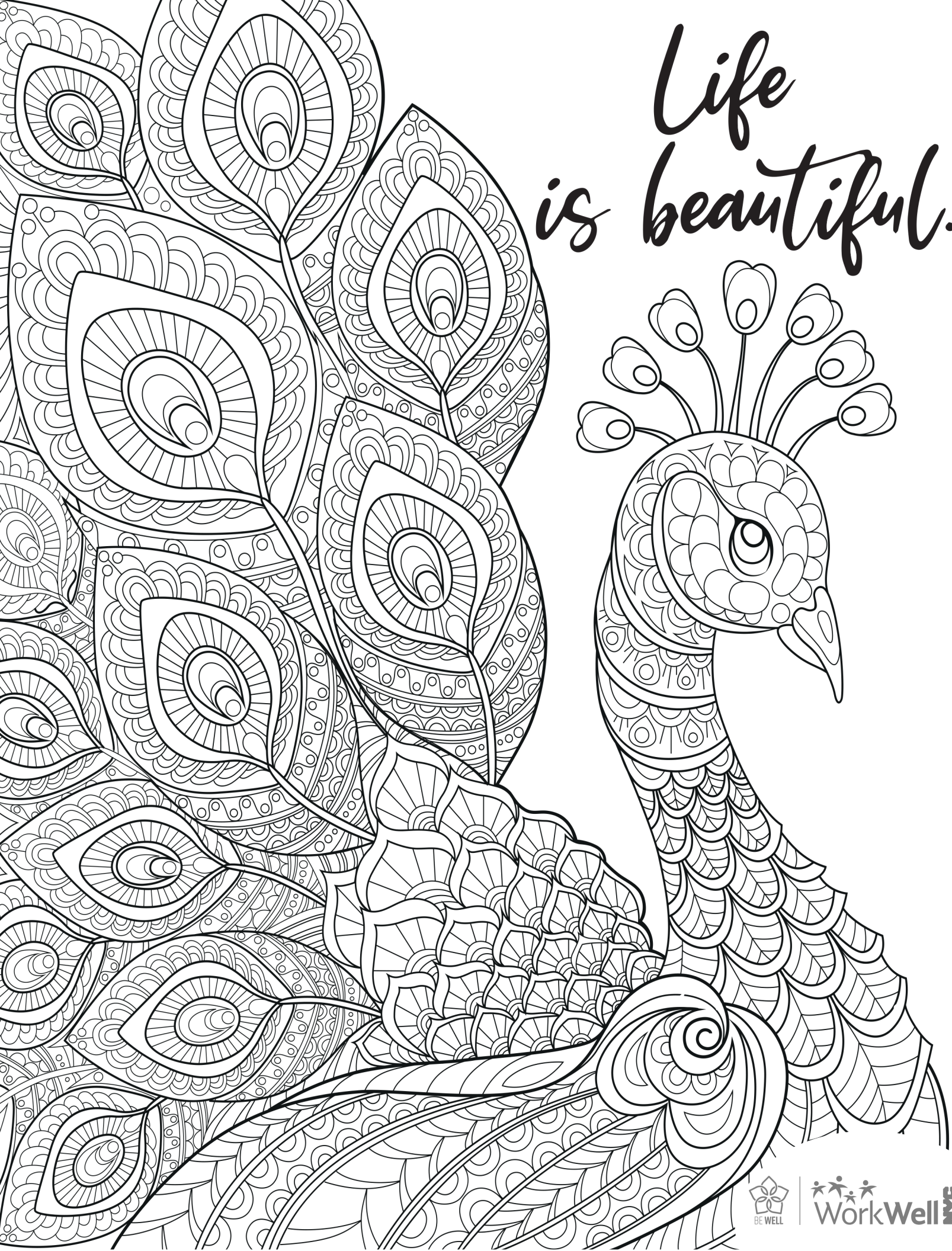


I am strong  
in mind, body,  
and spirit.





Life  
is beautiful.





I will turn  
negative thoughts  
into positive ones





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