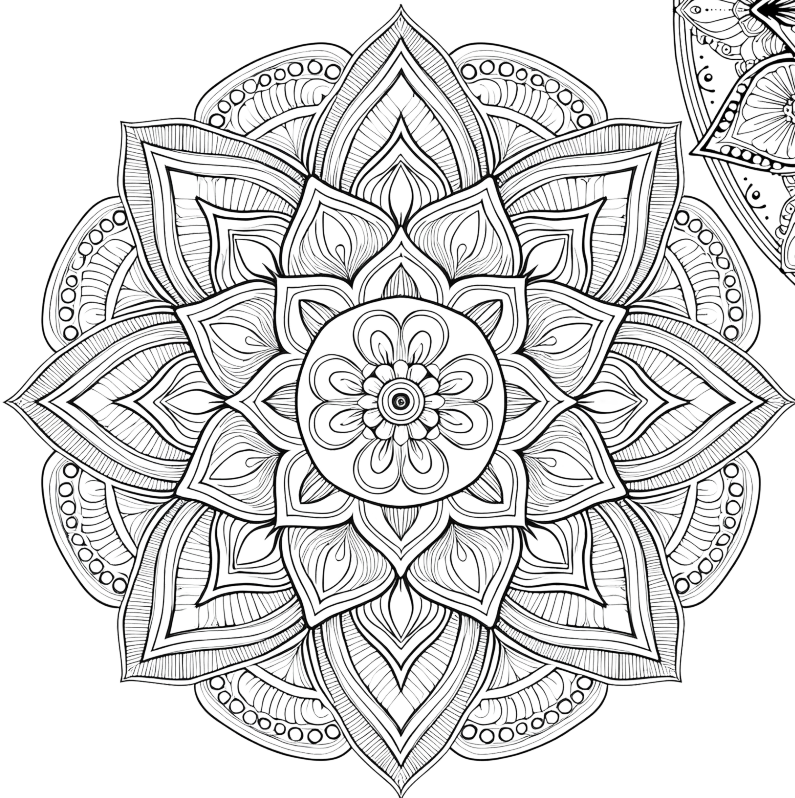
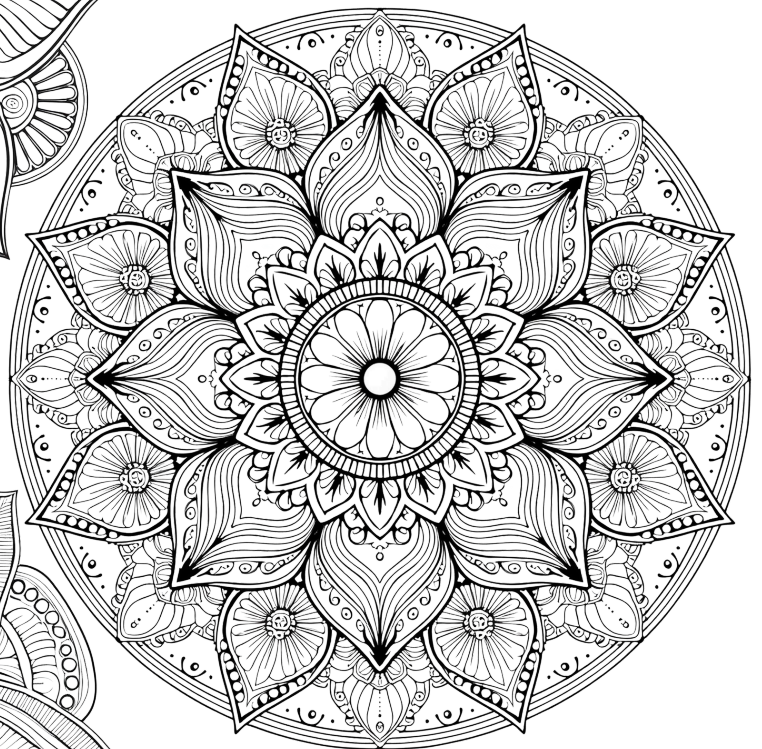
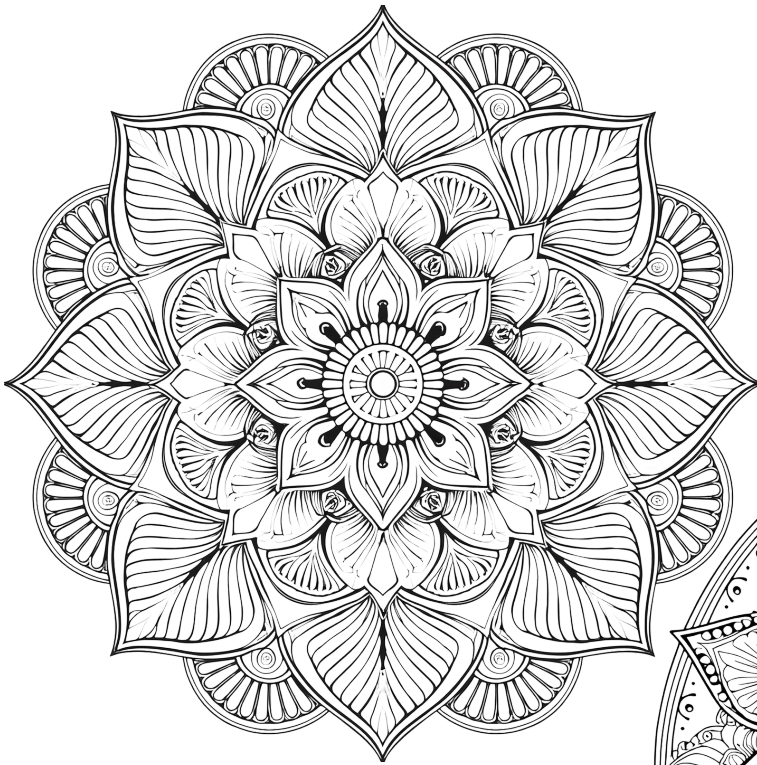


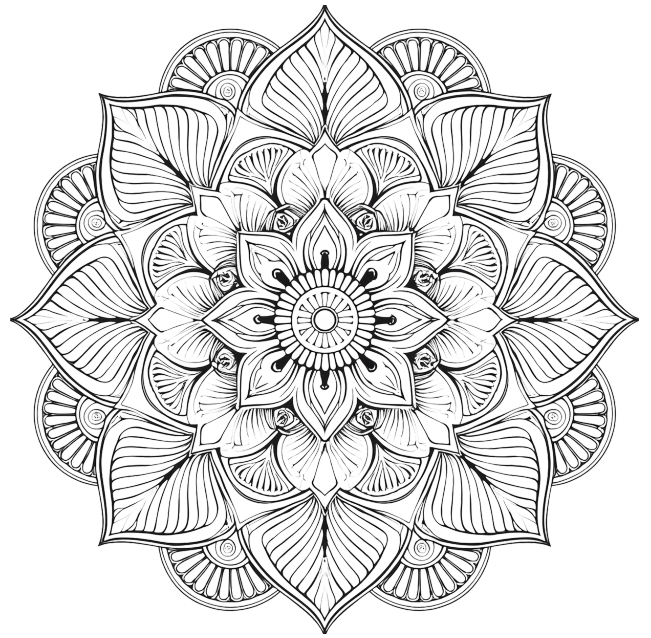
MAST CELL ACTION

COLOURING BOOK

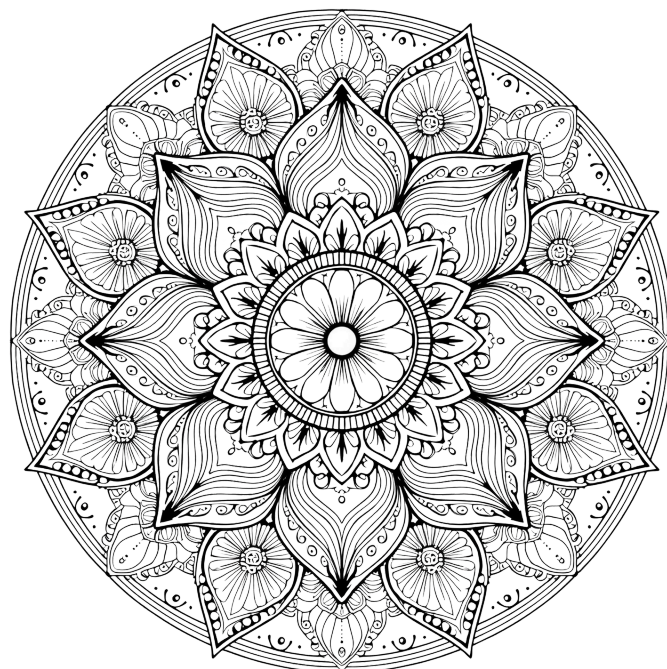
WITH AFFIRMATIONS

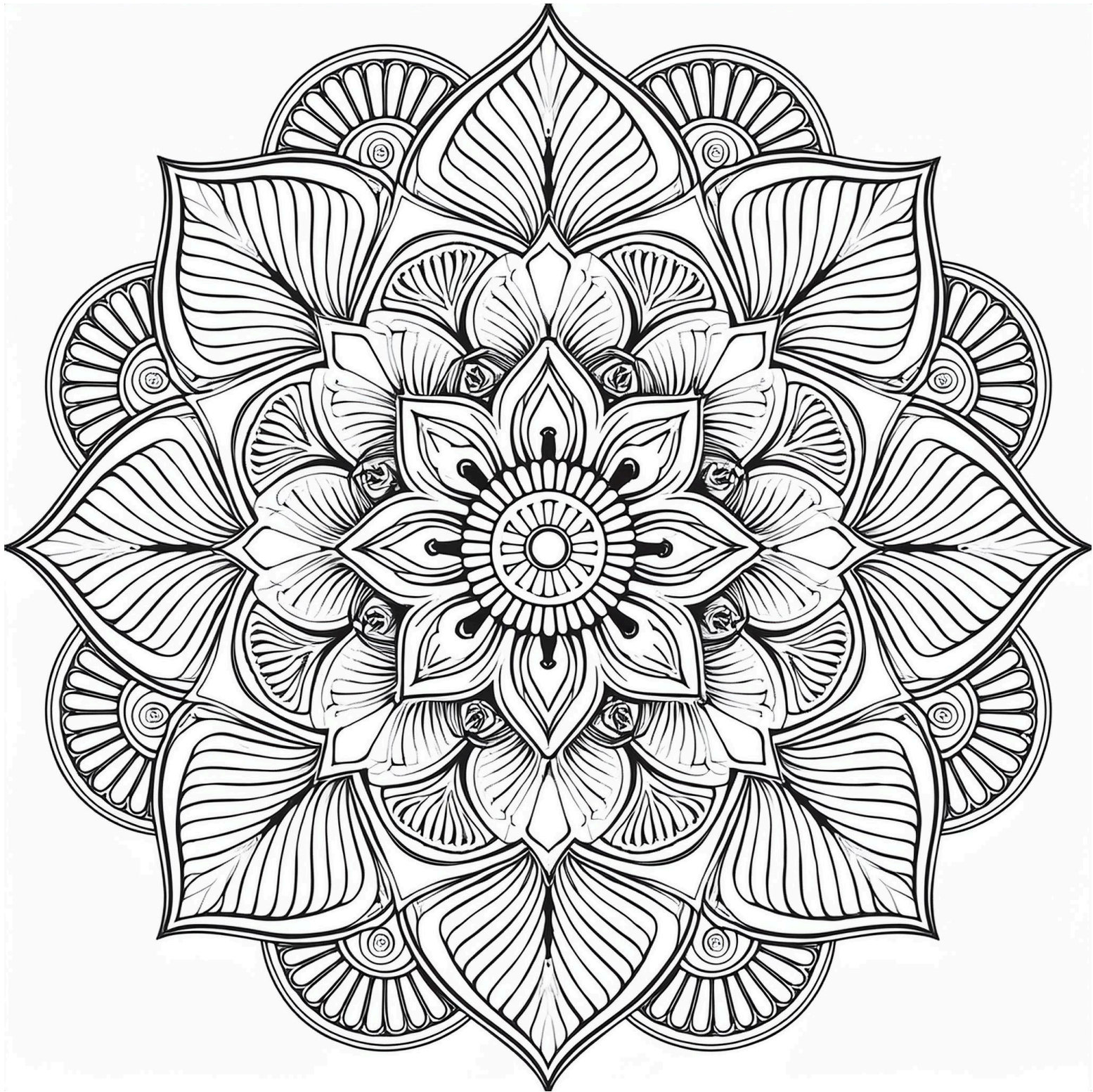


**"Strength grows
here, one day at
a time"**

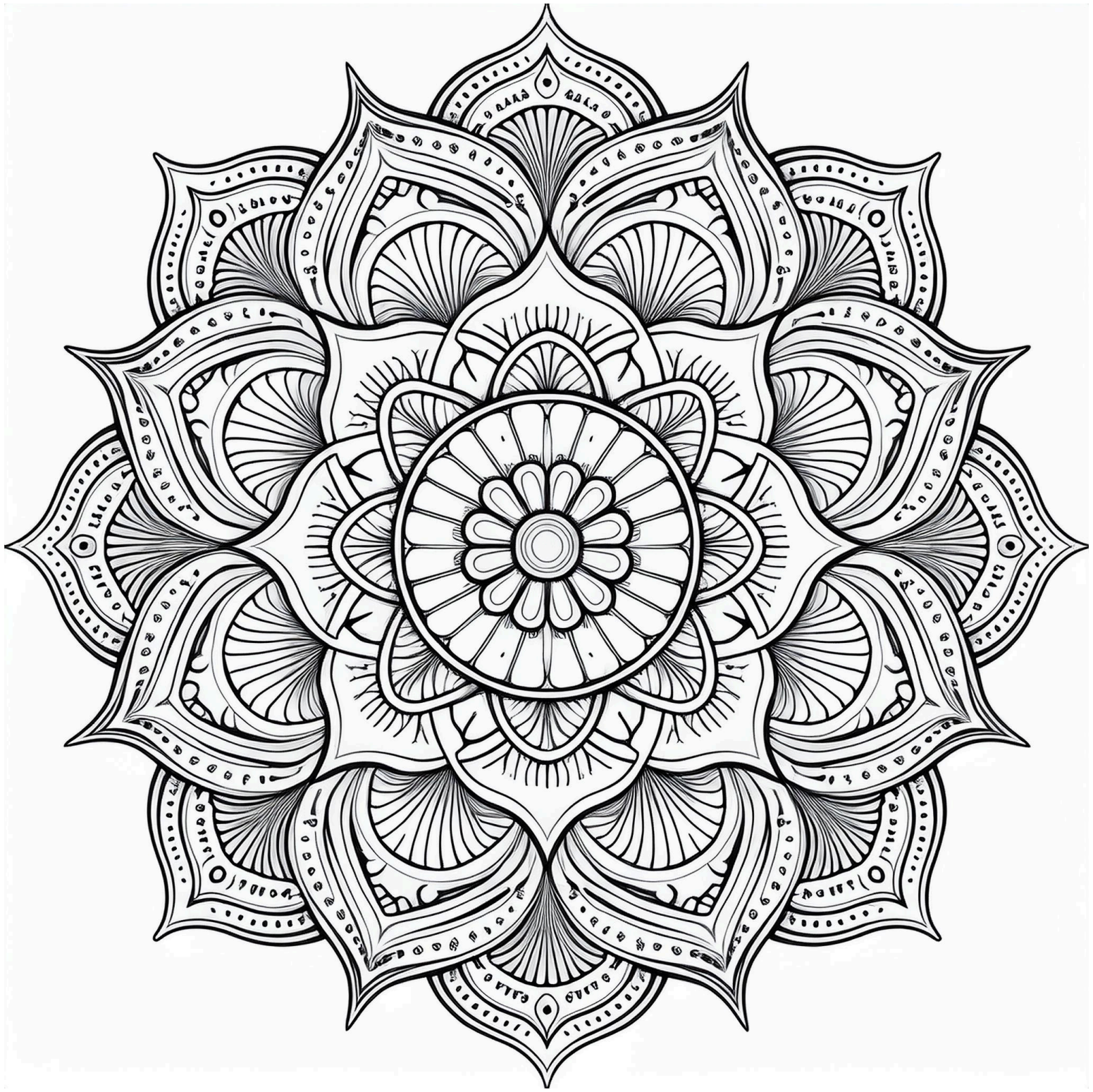


**As each colour fills the spaces
in this book, may your heart find
calm, your mind find focus, and
your spirit find strength. You are
your own masterpiece**

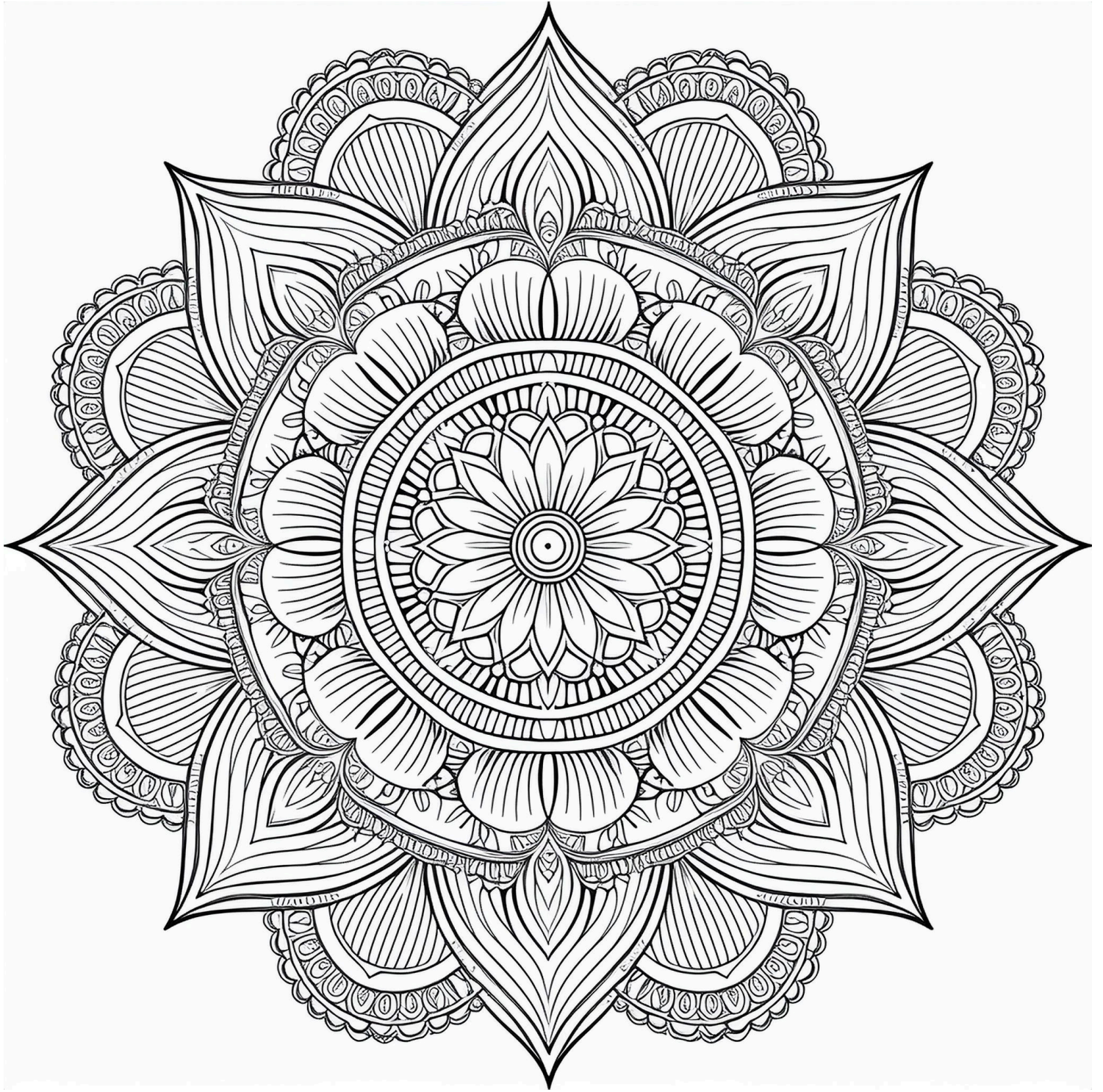




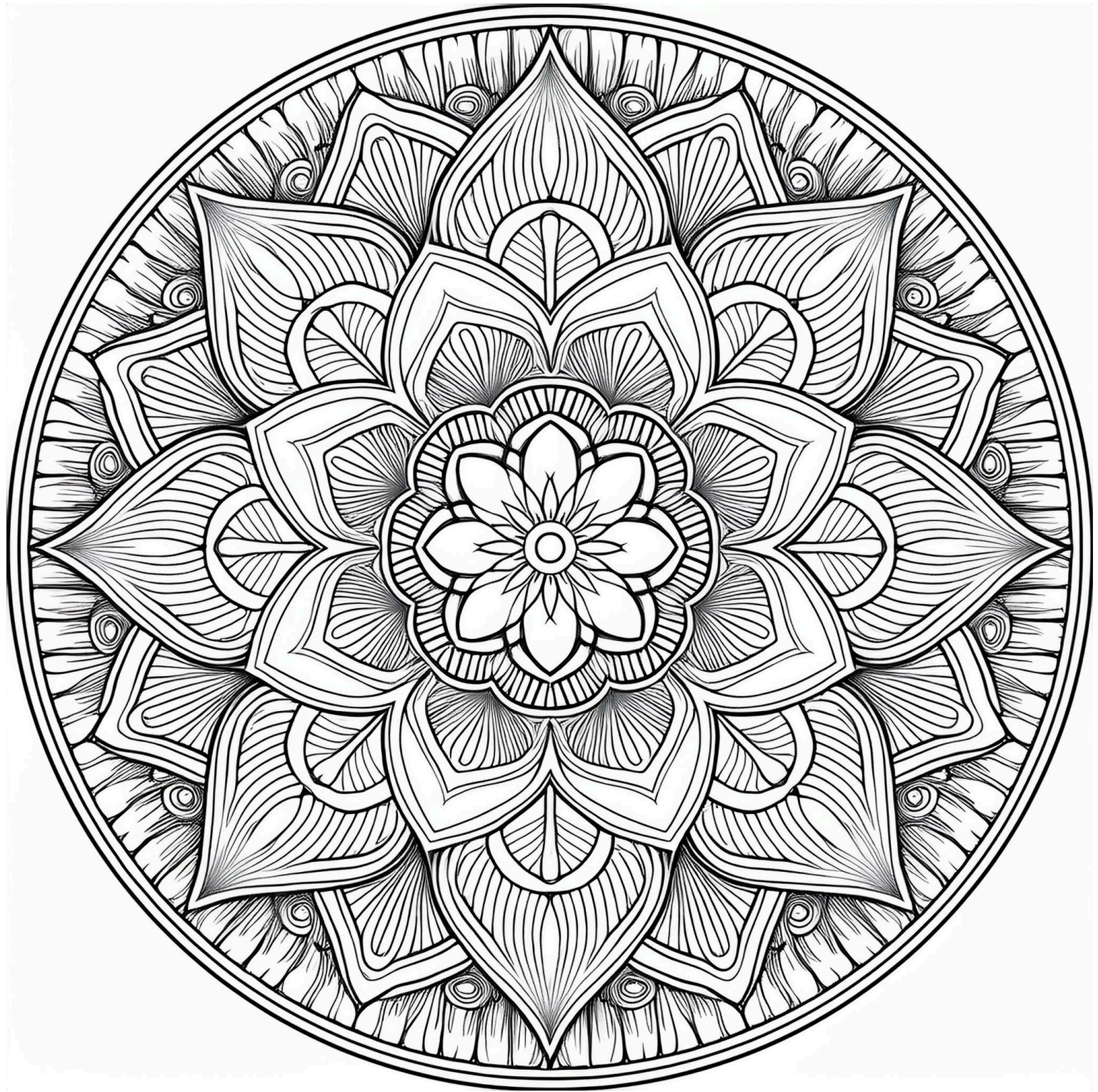
"I am more than my diagnosis"



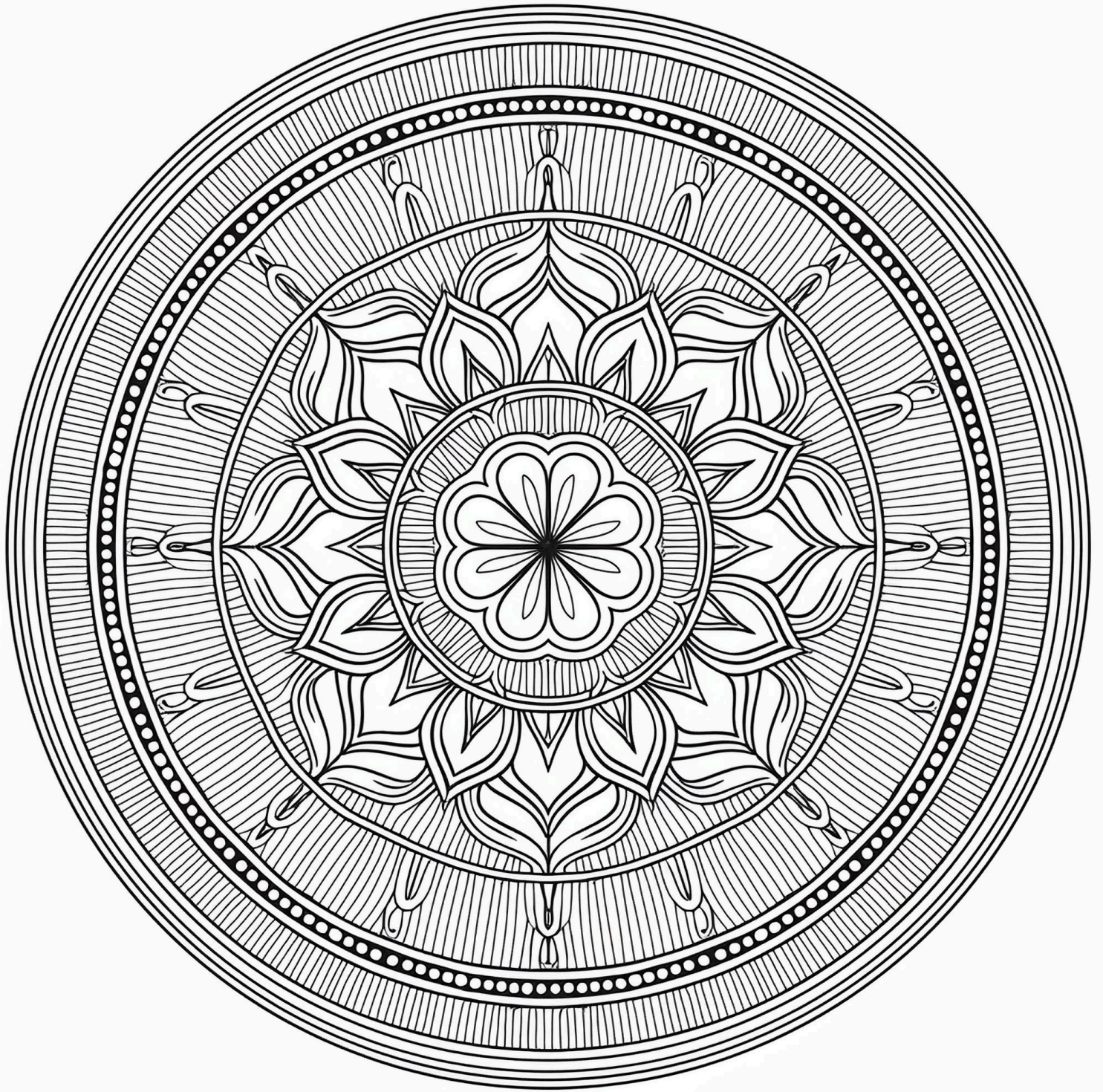
“Every small step is progress”



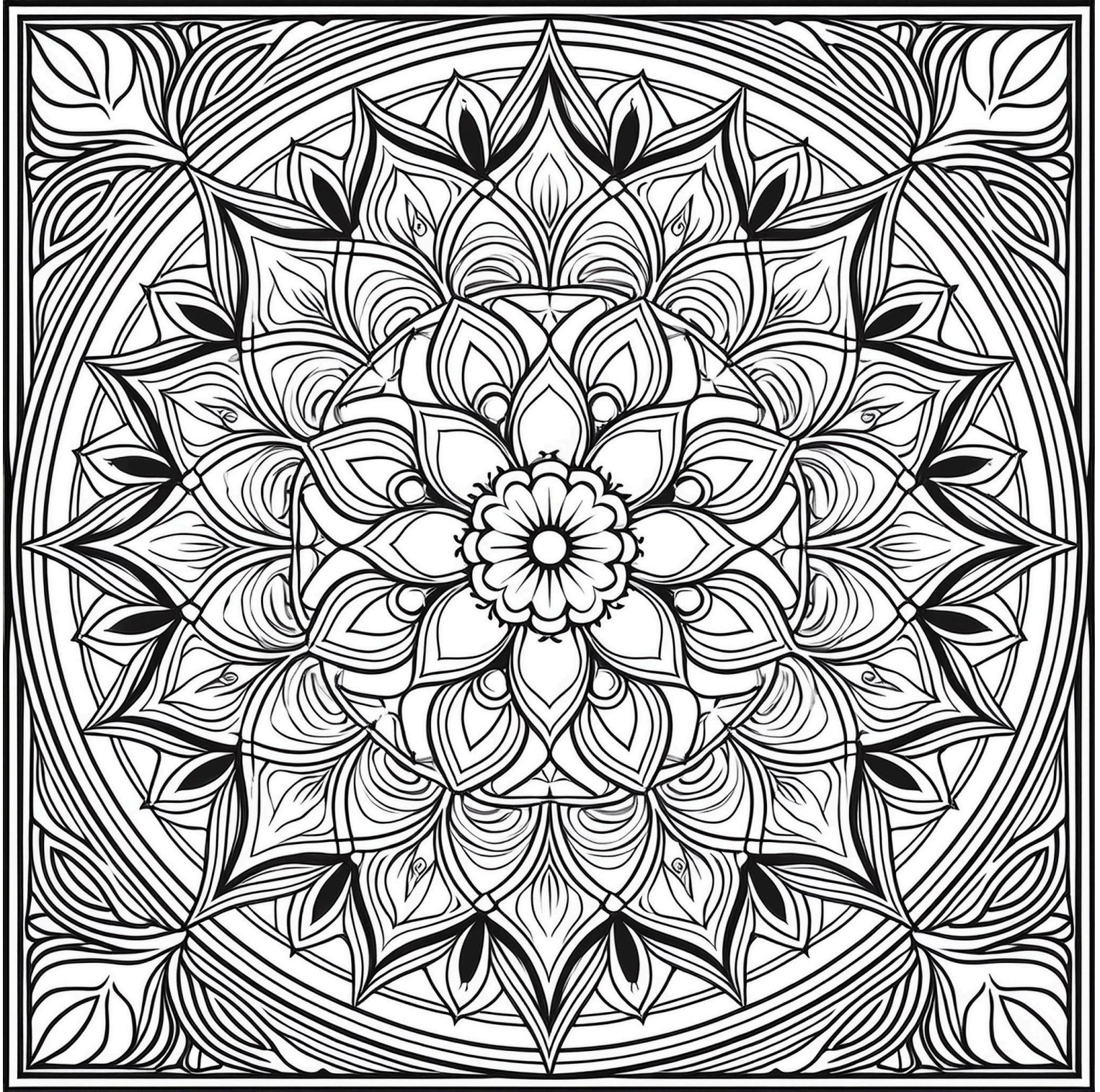
“I am worthy of compassion and care”



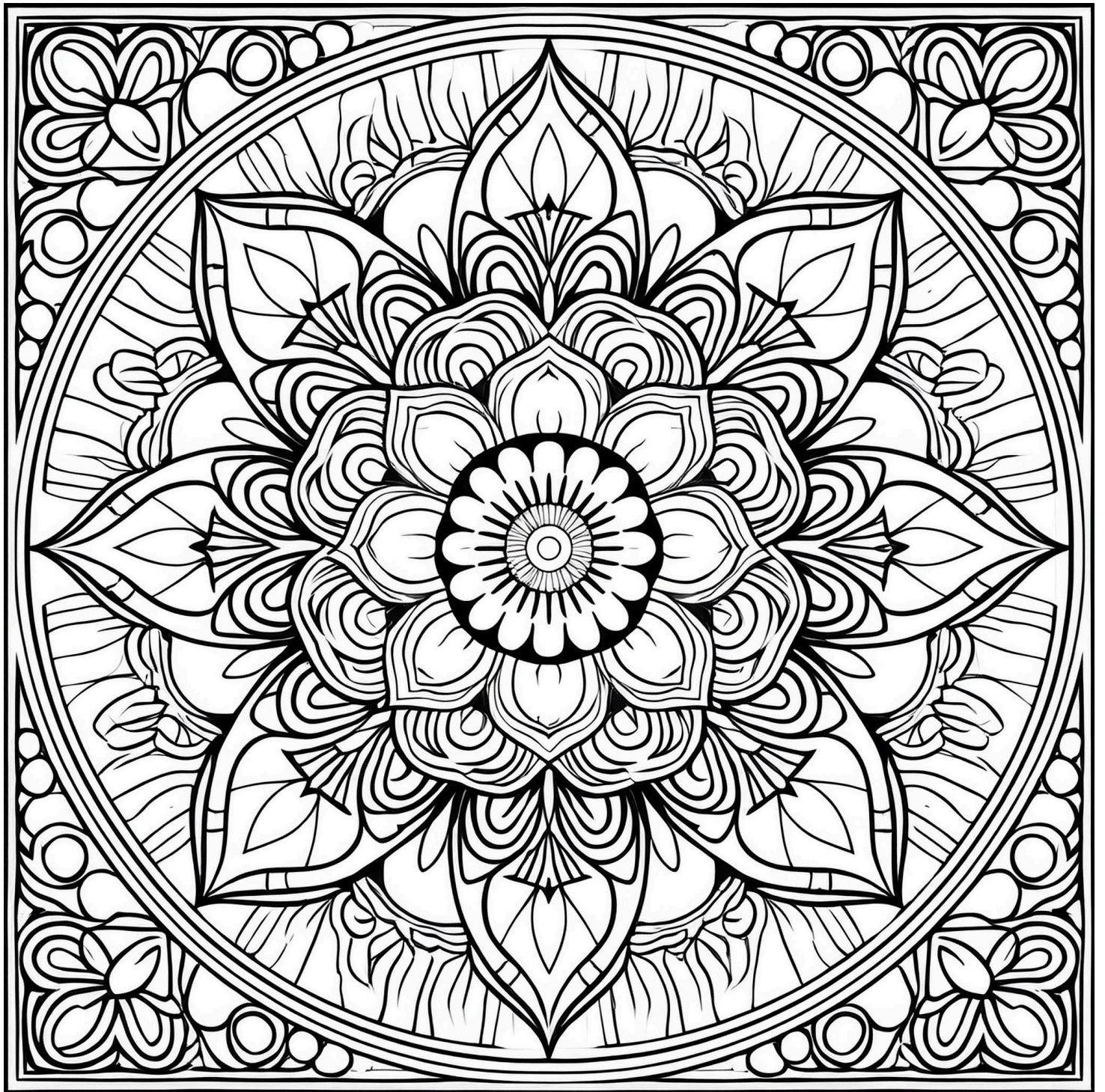
**“I listen to my body and honour its
needs”**



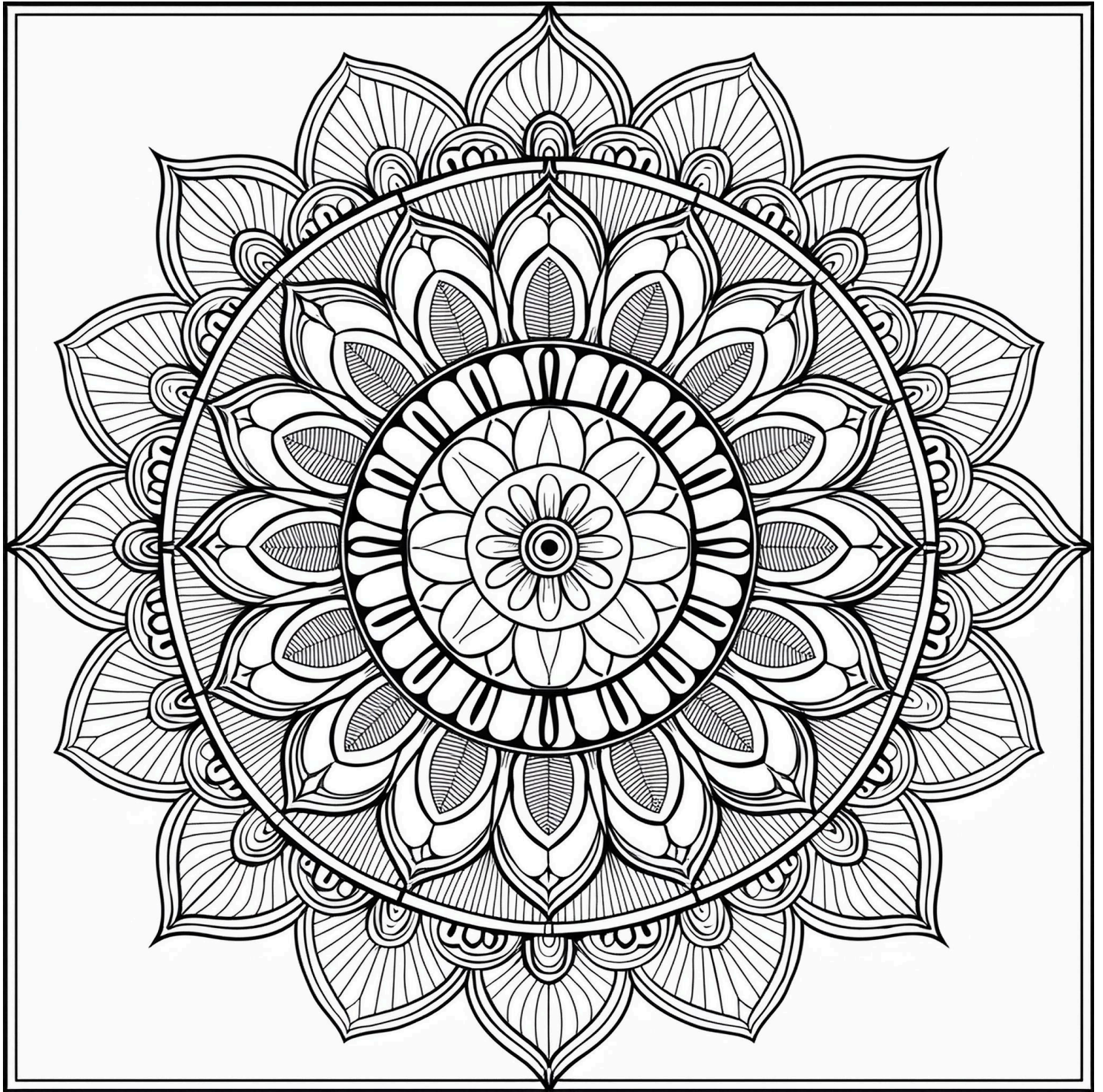
“Resting is a form of strength”



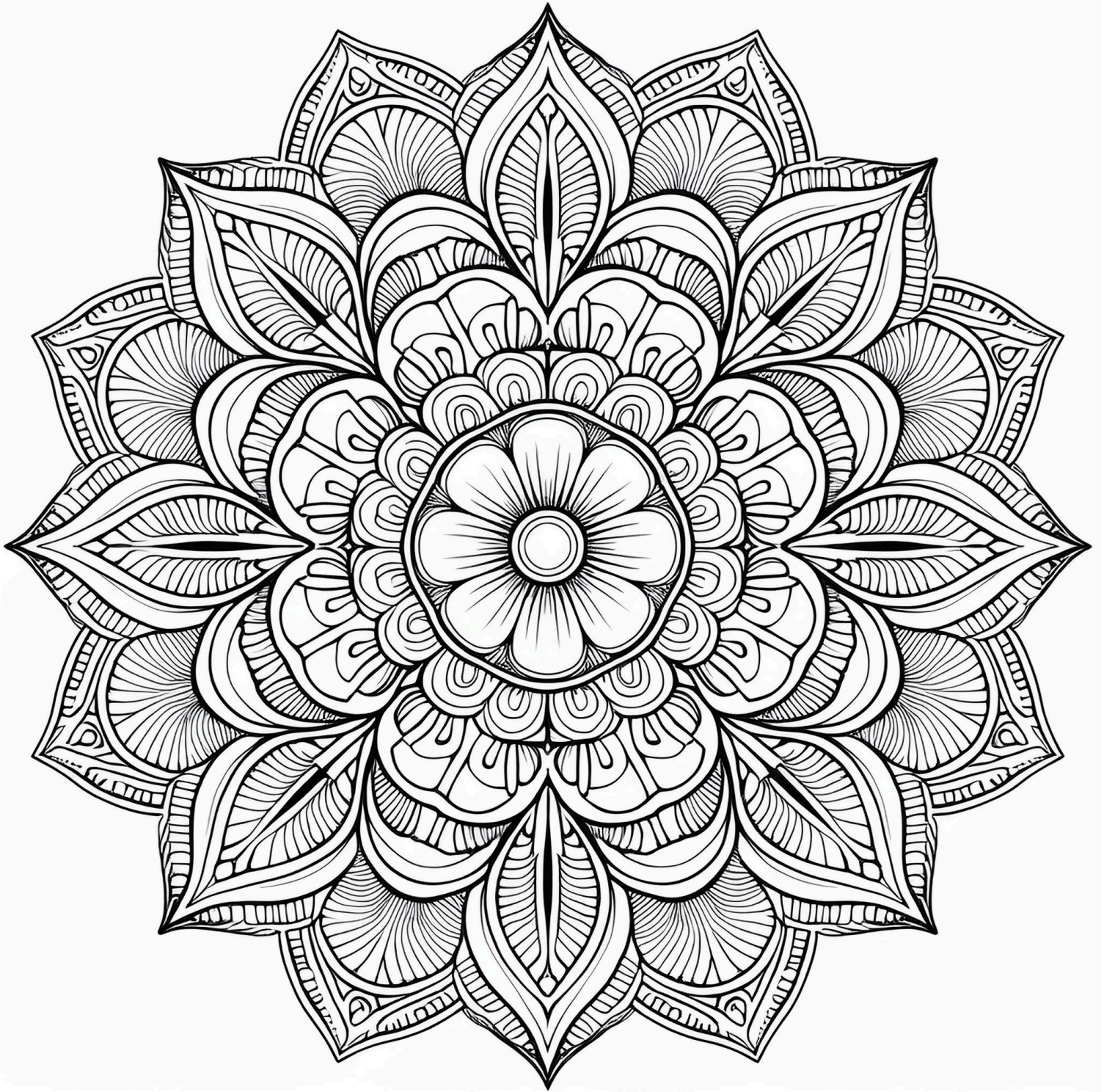
"I am not alone in this journey"



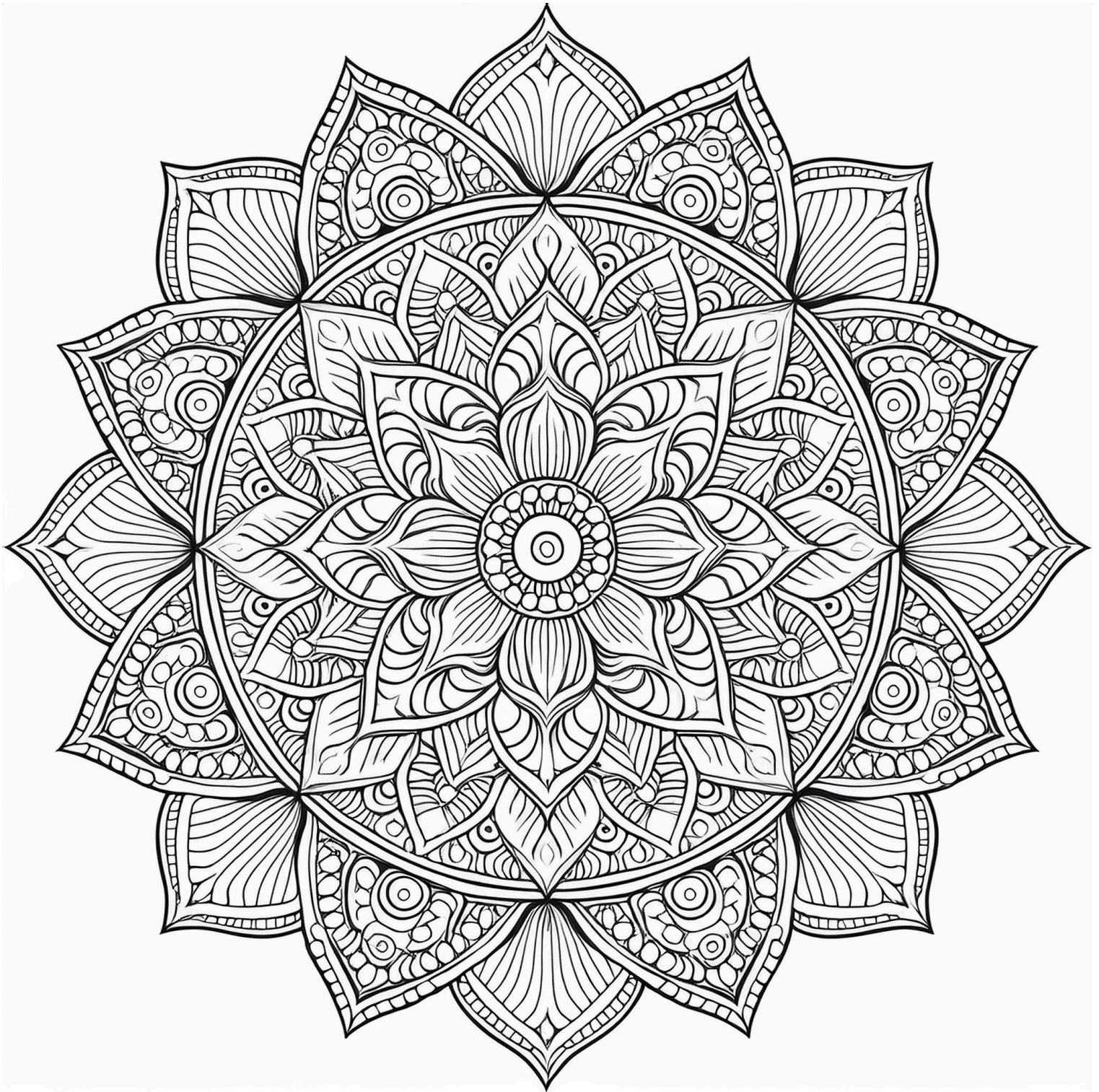
“Challenges help me grow stronger”



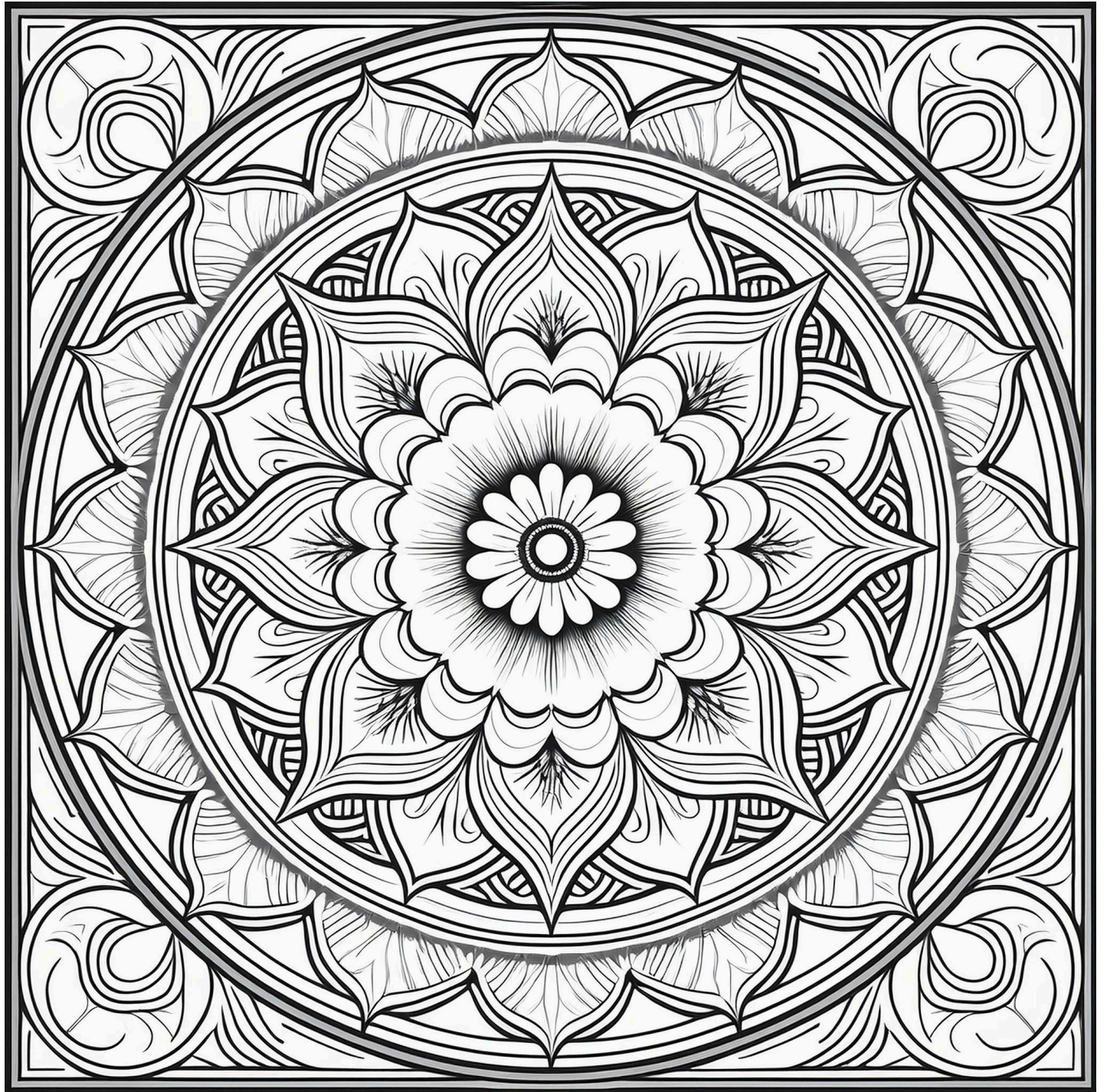
"I embrace what I can do today"



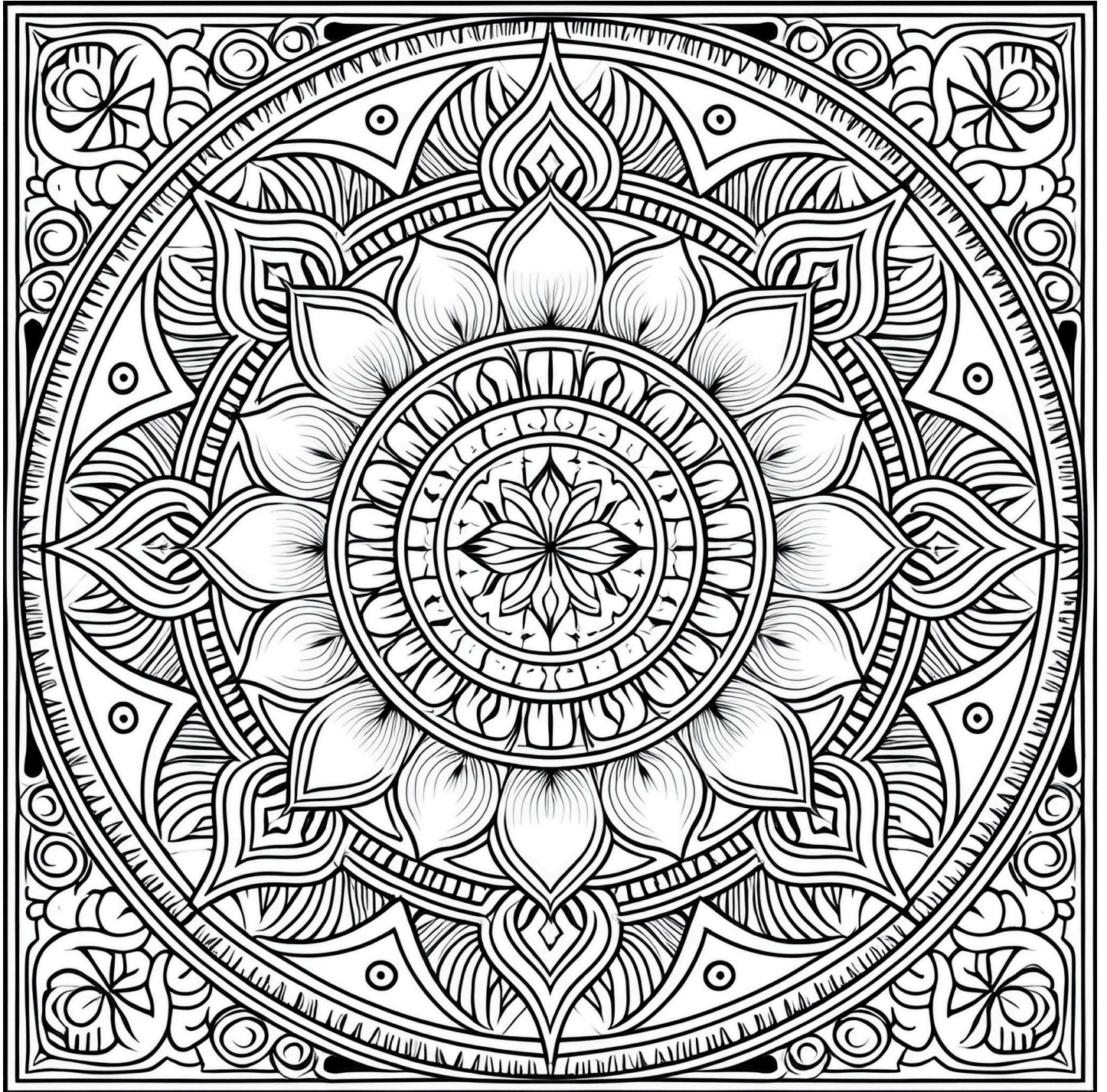
“I deserve to feel safe and supported”



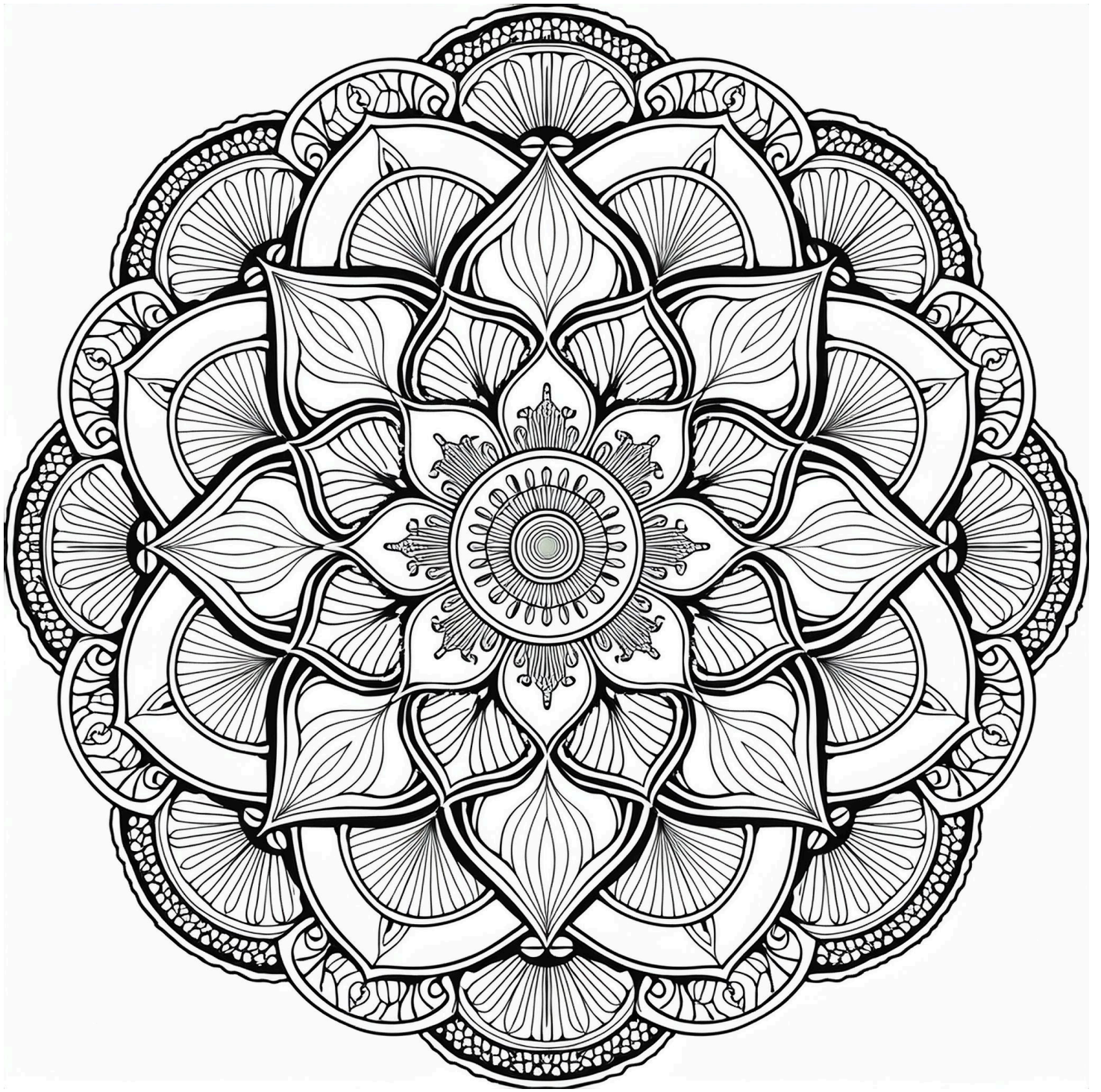
“Each breath I take grounds me”



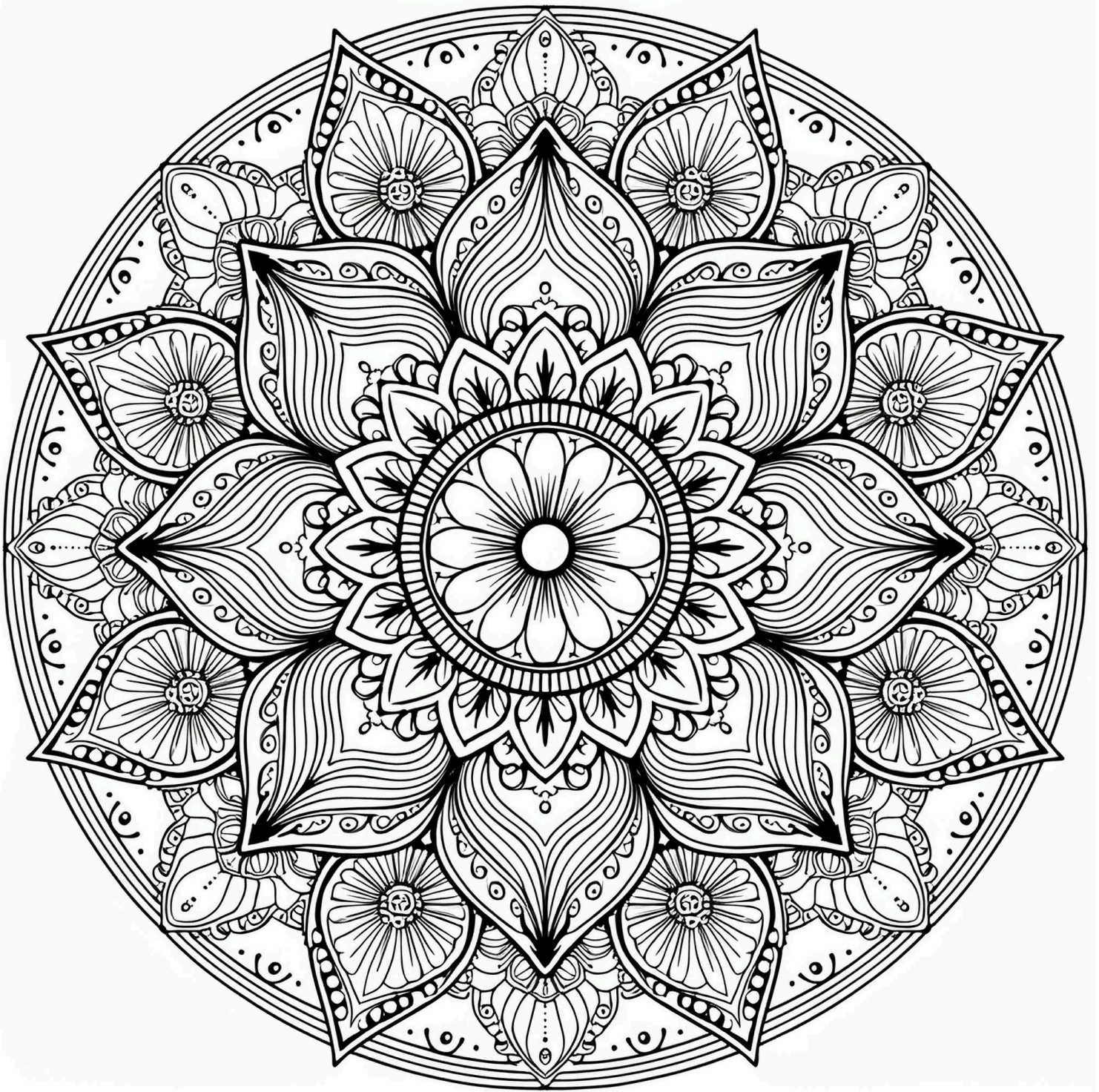
"I am an expert on my own body"



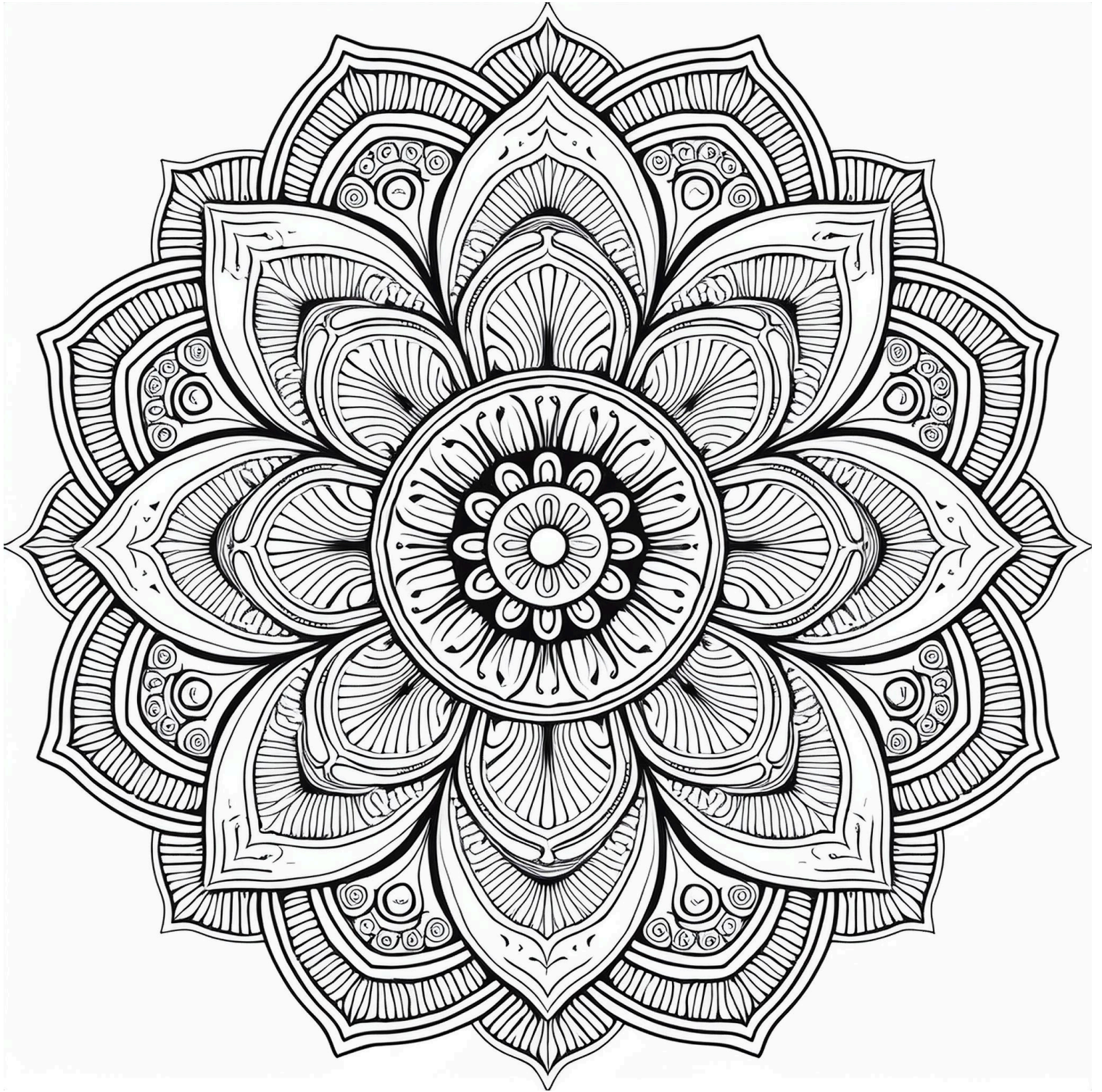
“My needs are valid and important”



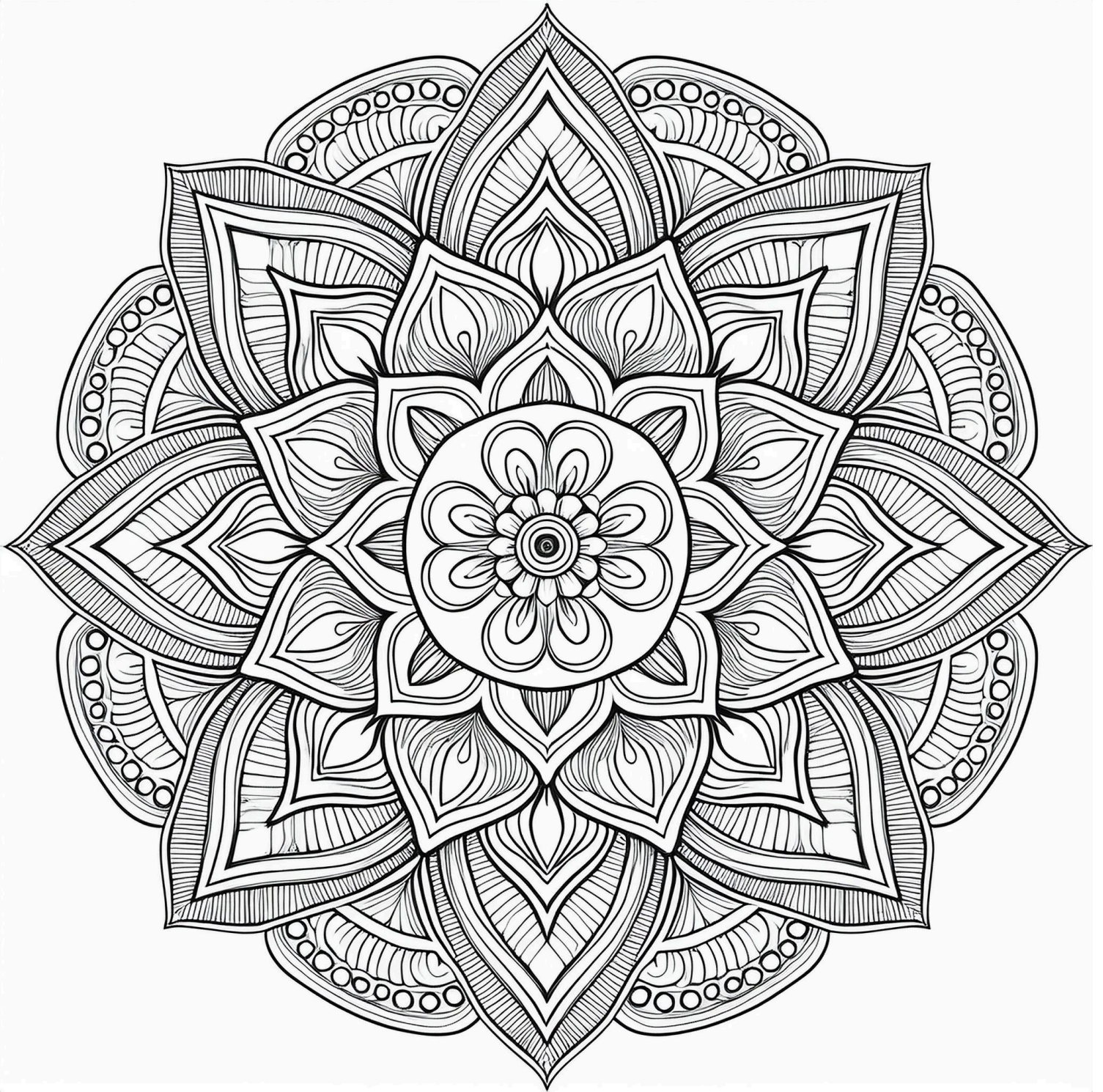
“I am resilient, even on tough days”



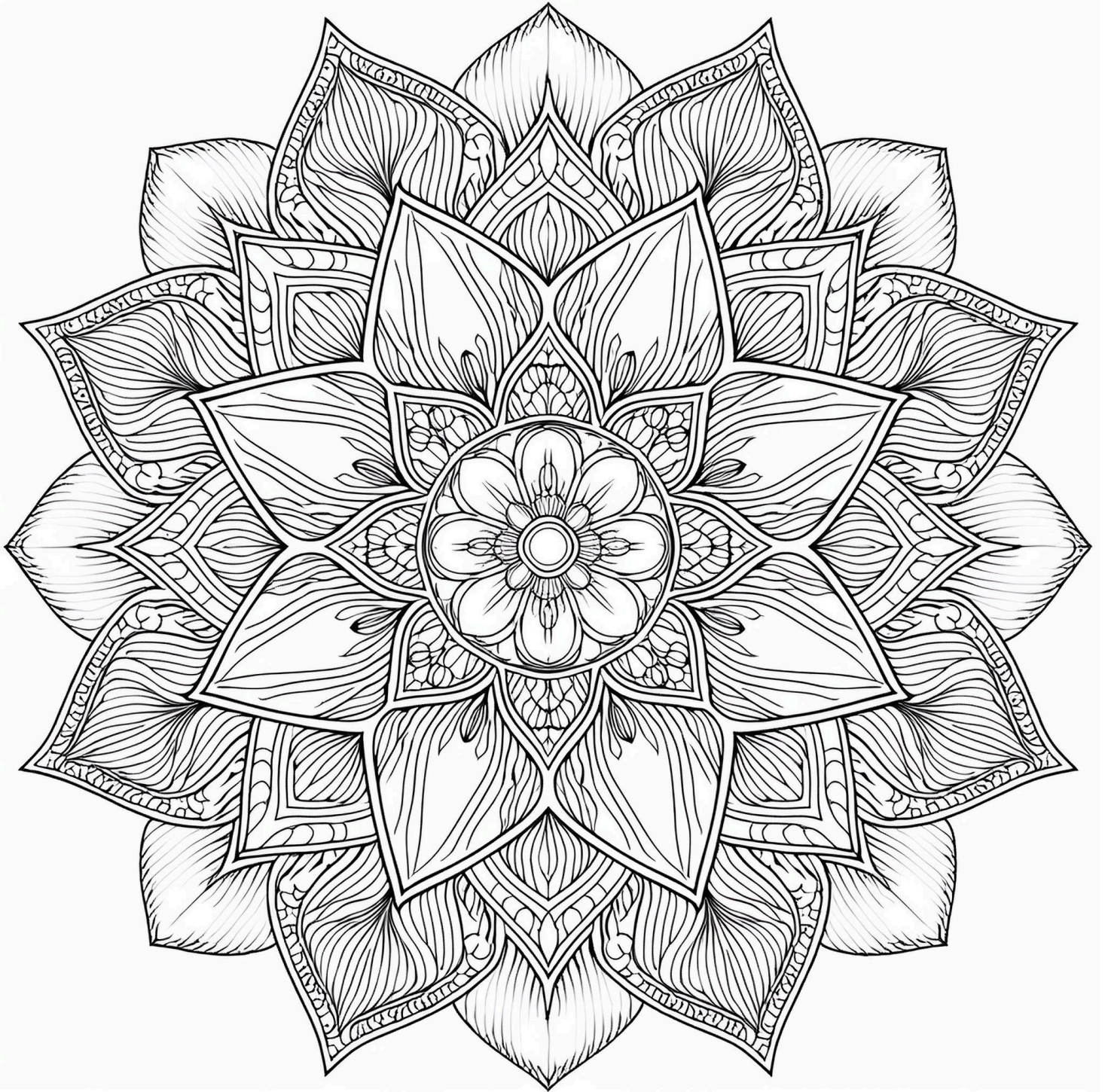
**“I celebrate my progress, no matter
how small”**



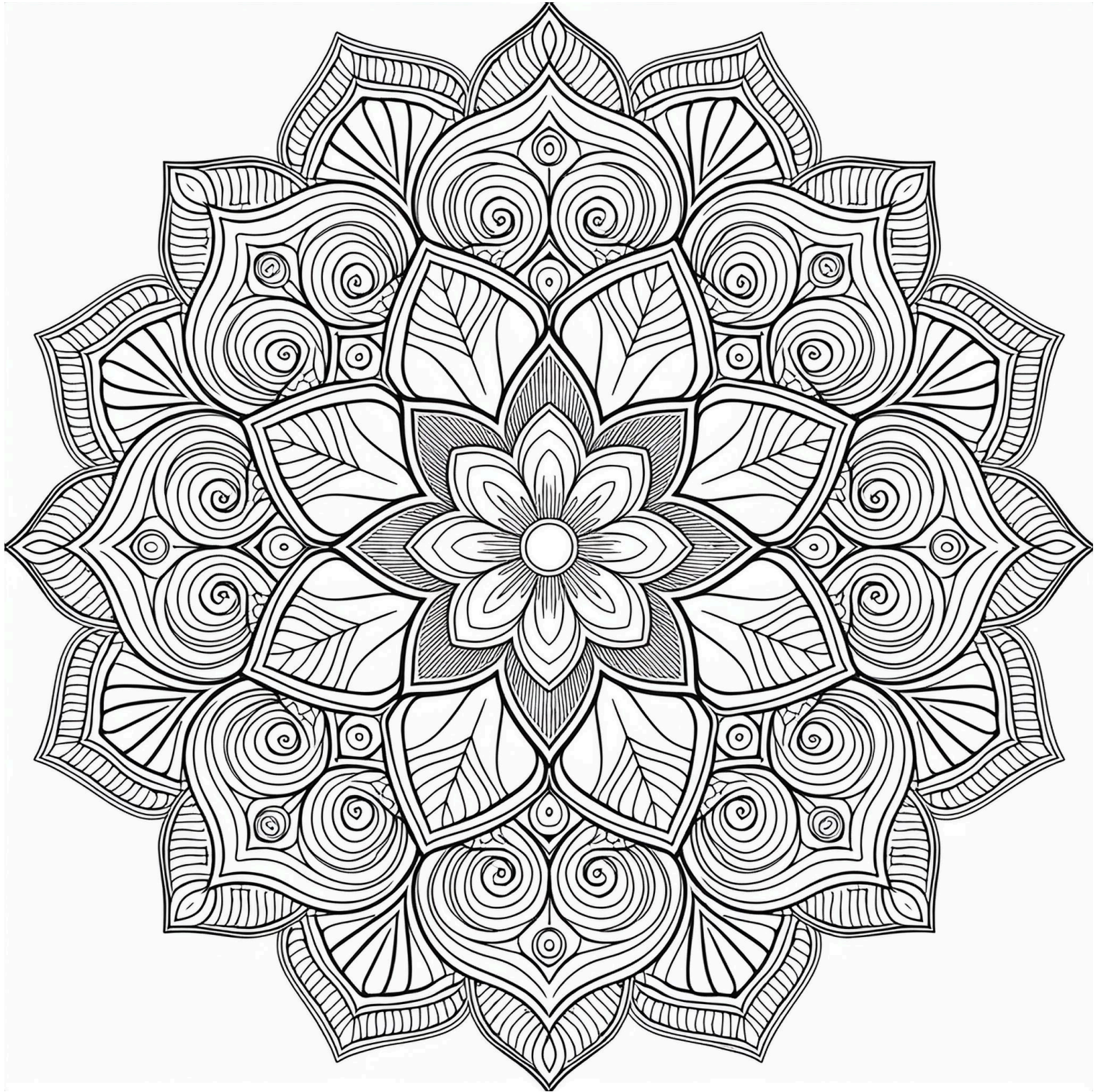
"I am learning to thrive with what I have"



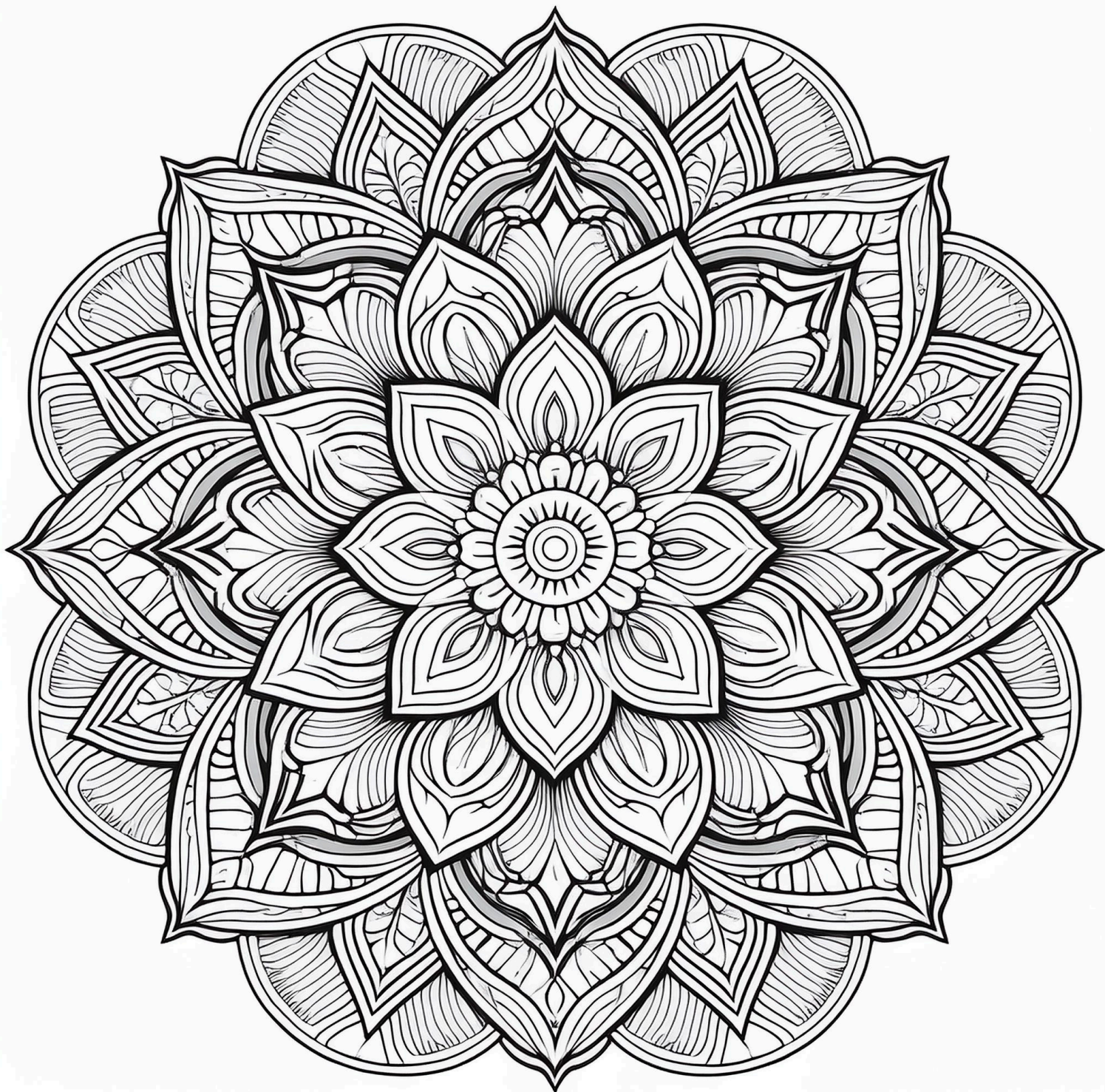
**“My journey is uniquely mine, and that's
okay”**



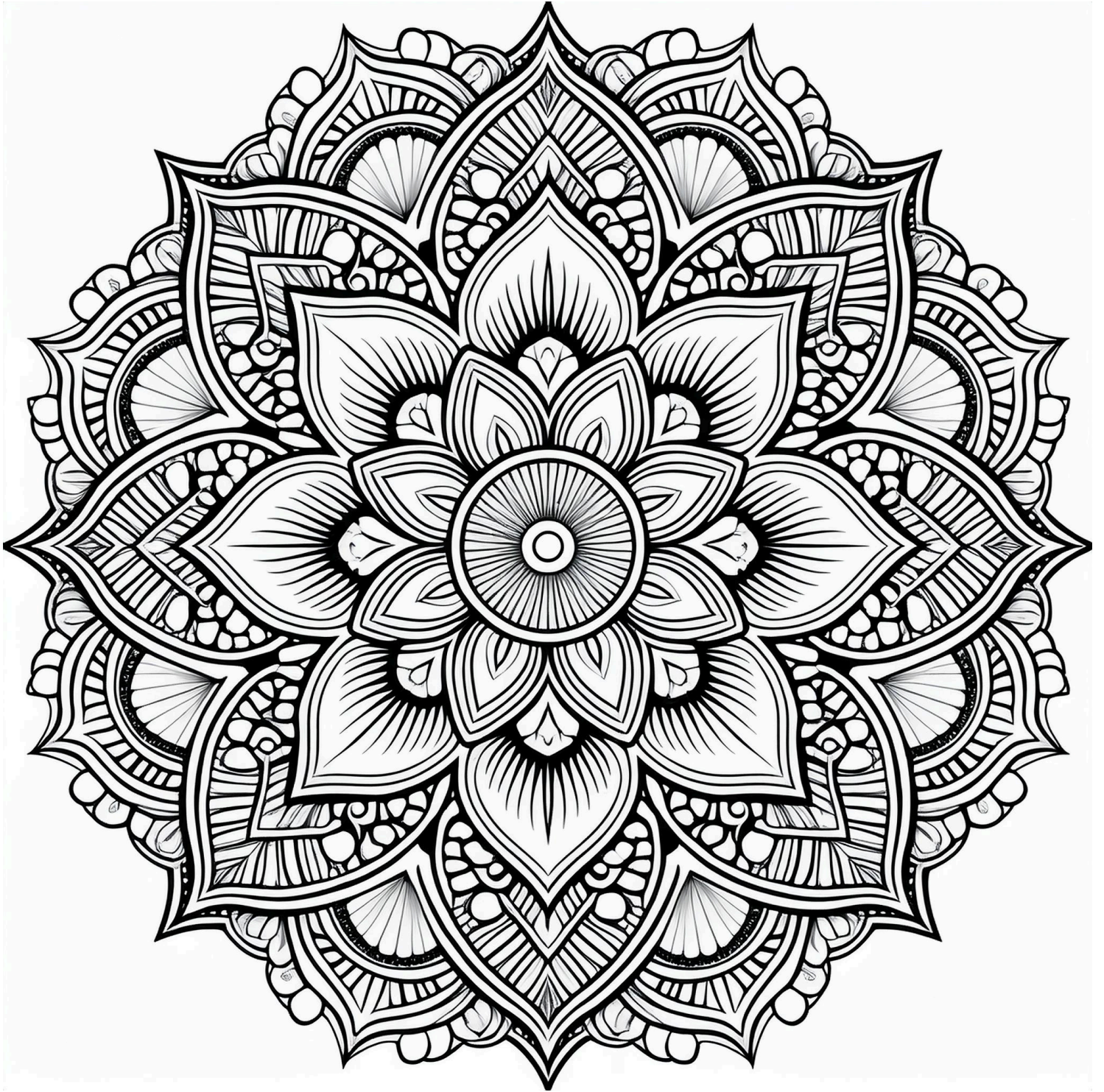
**“I am a warrior, navigating life
with courage”**



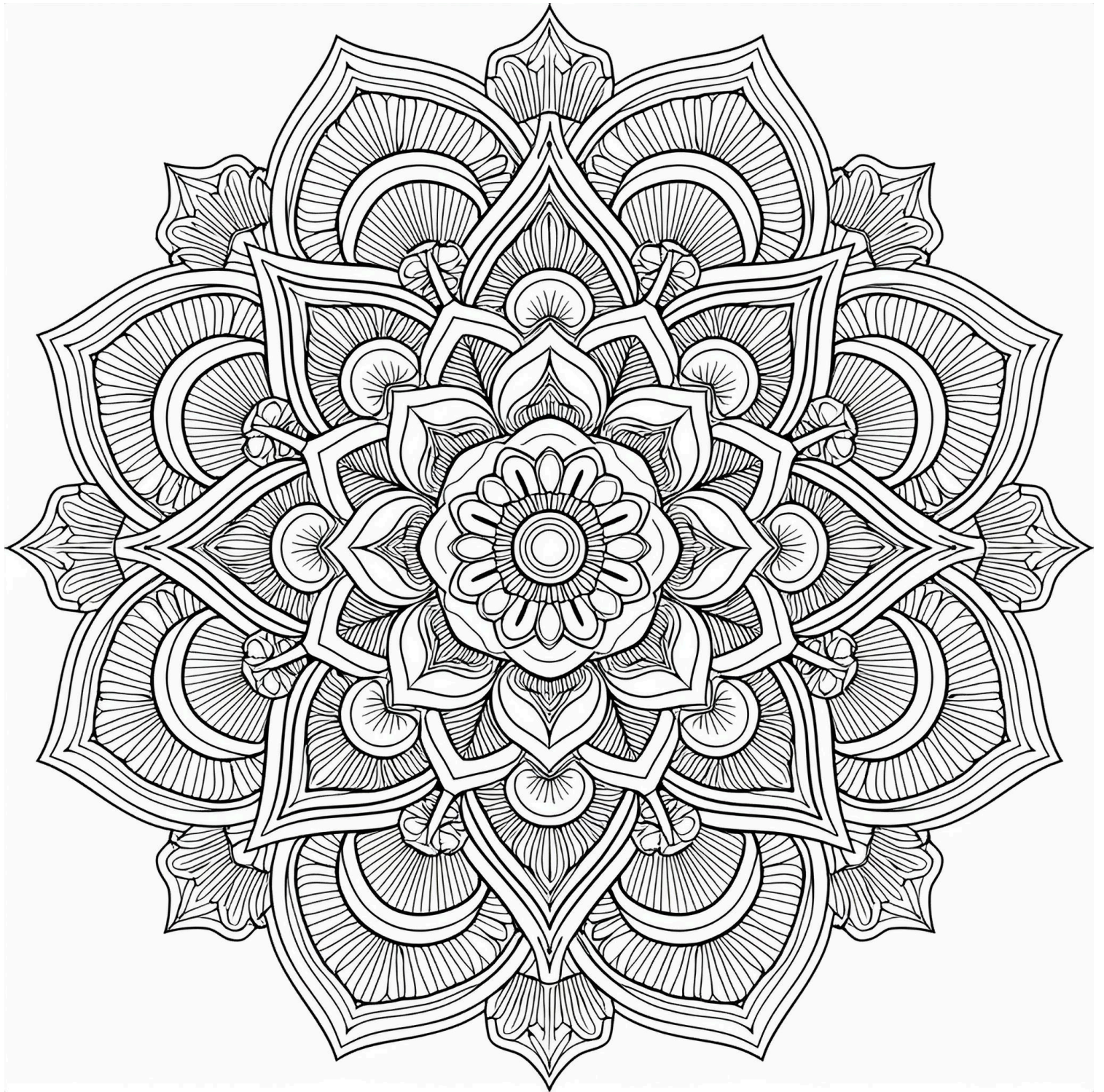
“I choose to focus on what I can control”



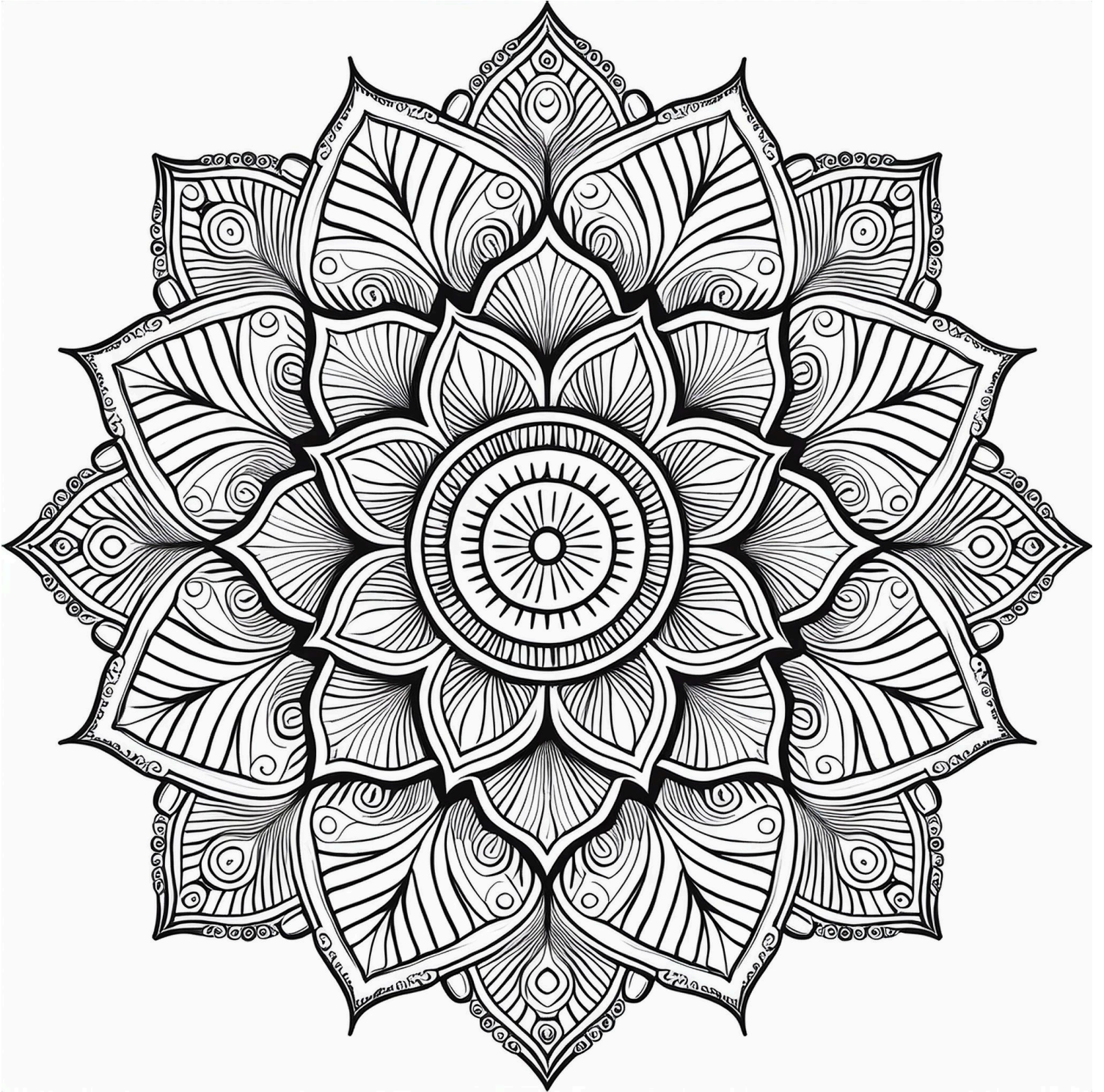
“I release what no longer serves me”



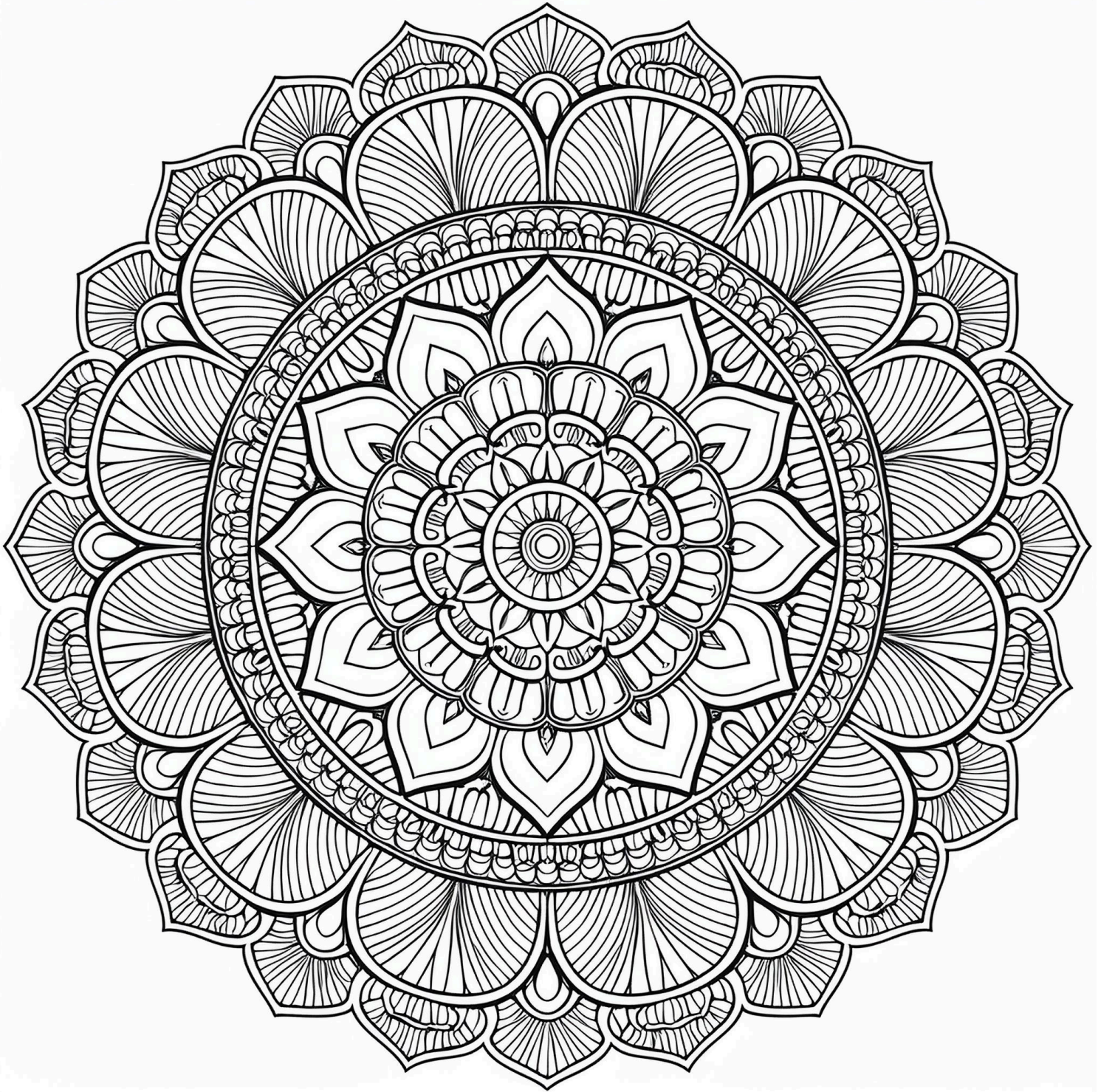
“It’s okay to ask for help when I need it”



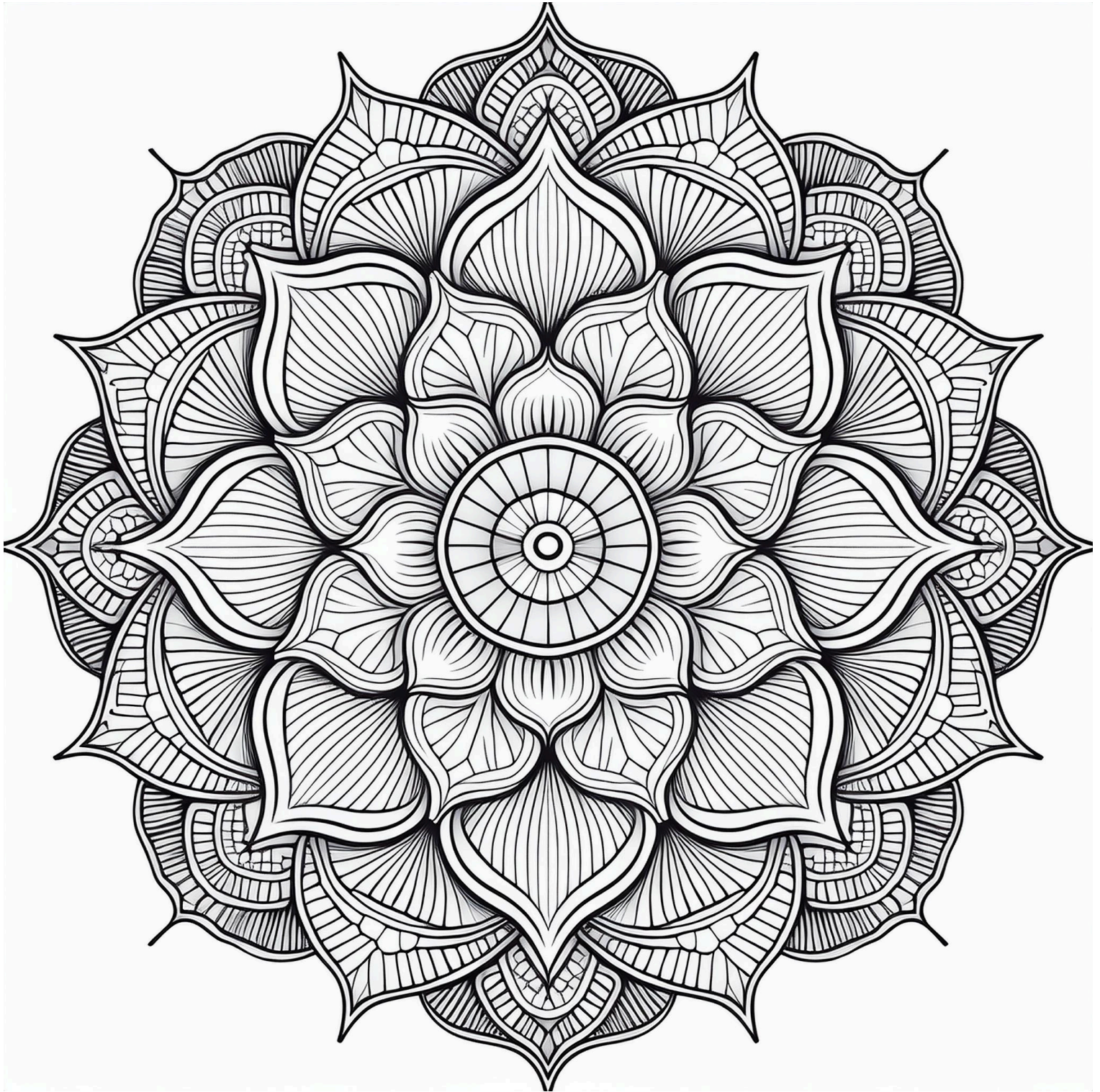
**“I am not defined by others’
understanding of my condition”**



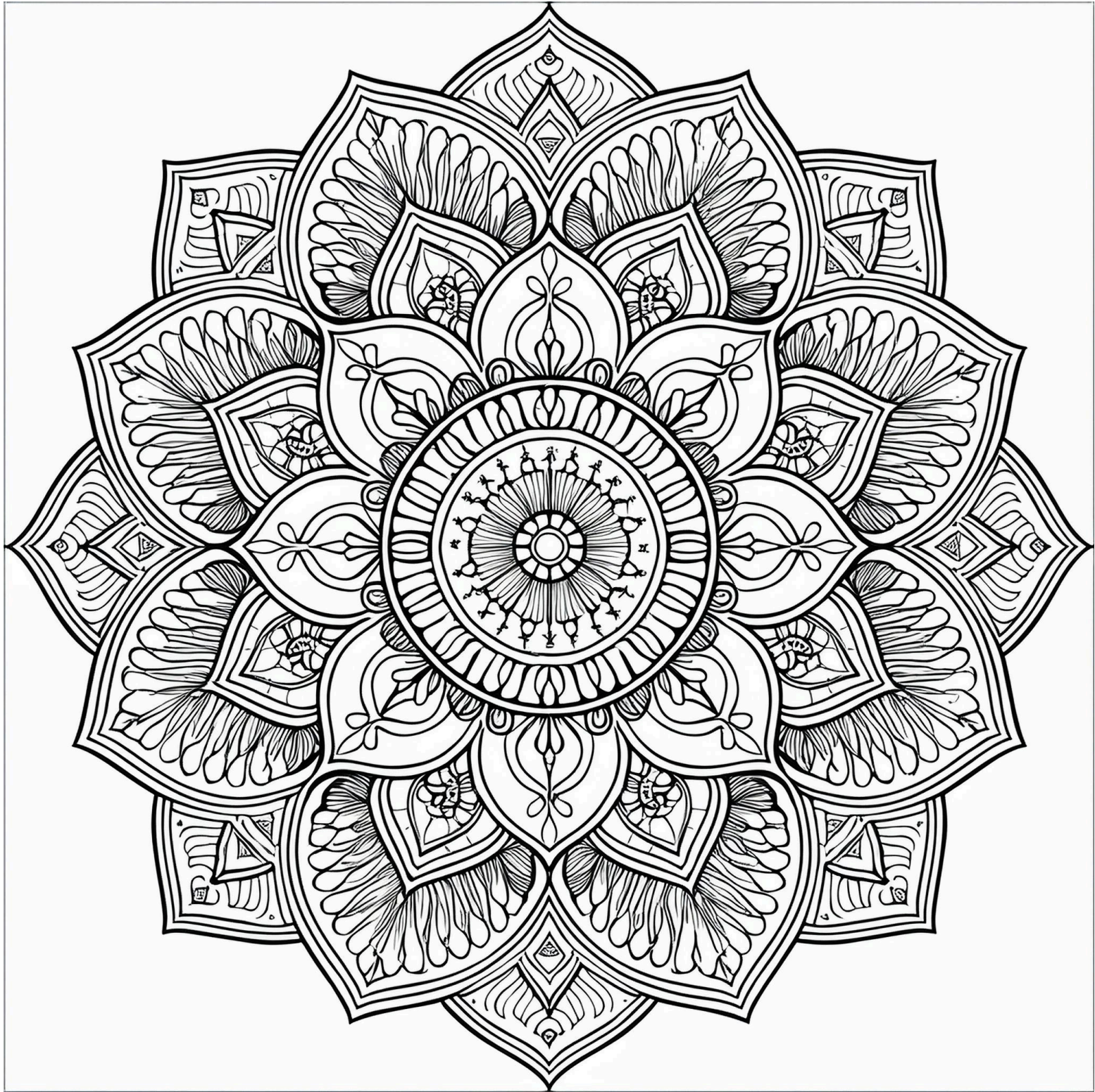
“I create my own path to wellness”



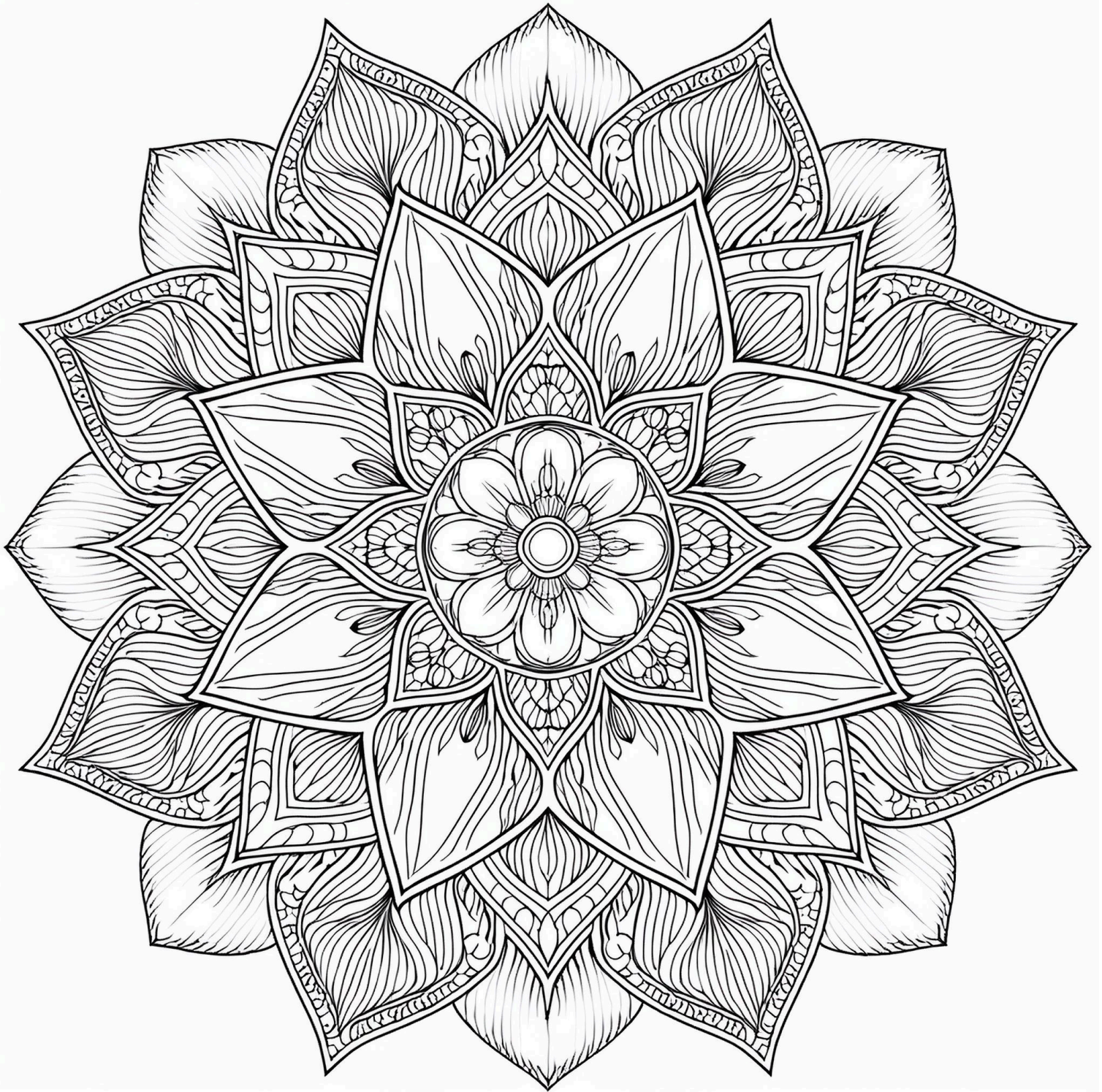
**“I am allowed to set boundaries to
protect my health”**



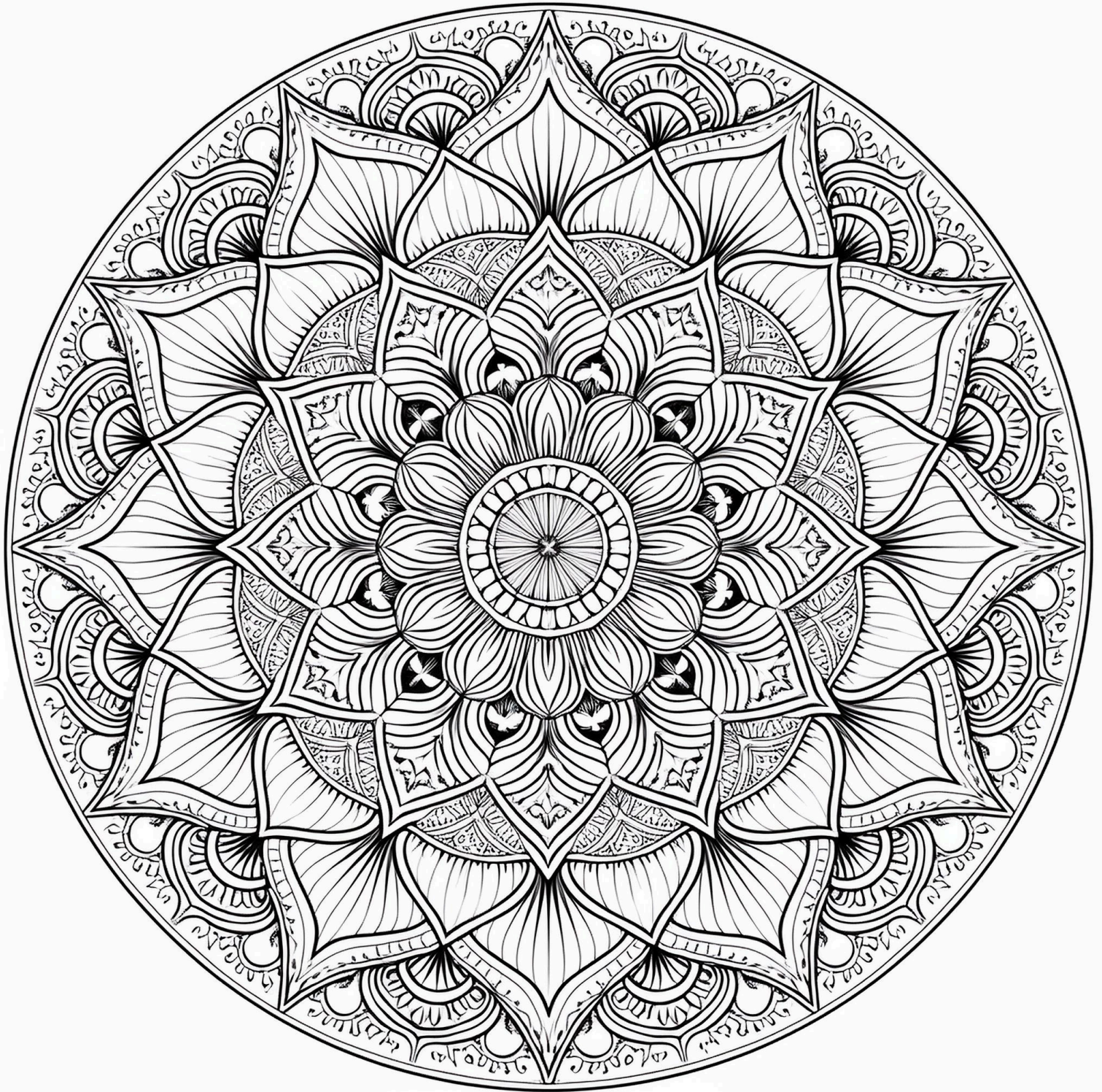
**“I trust my ability to advocate
for myself”**



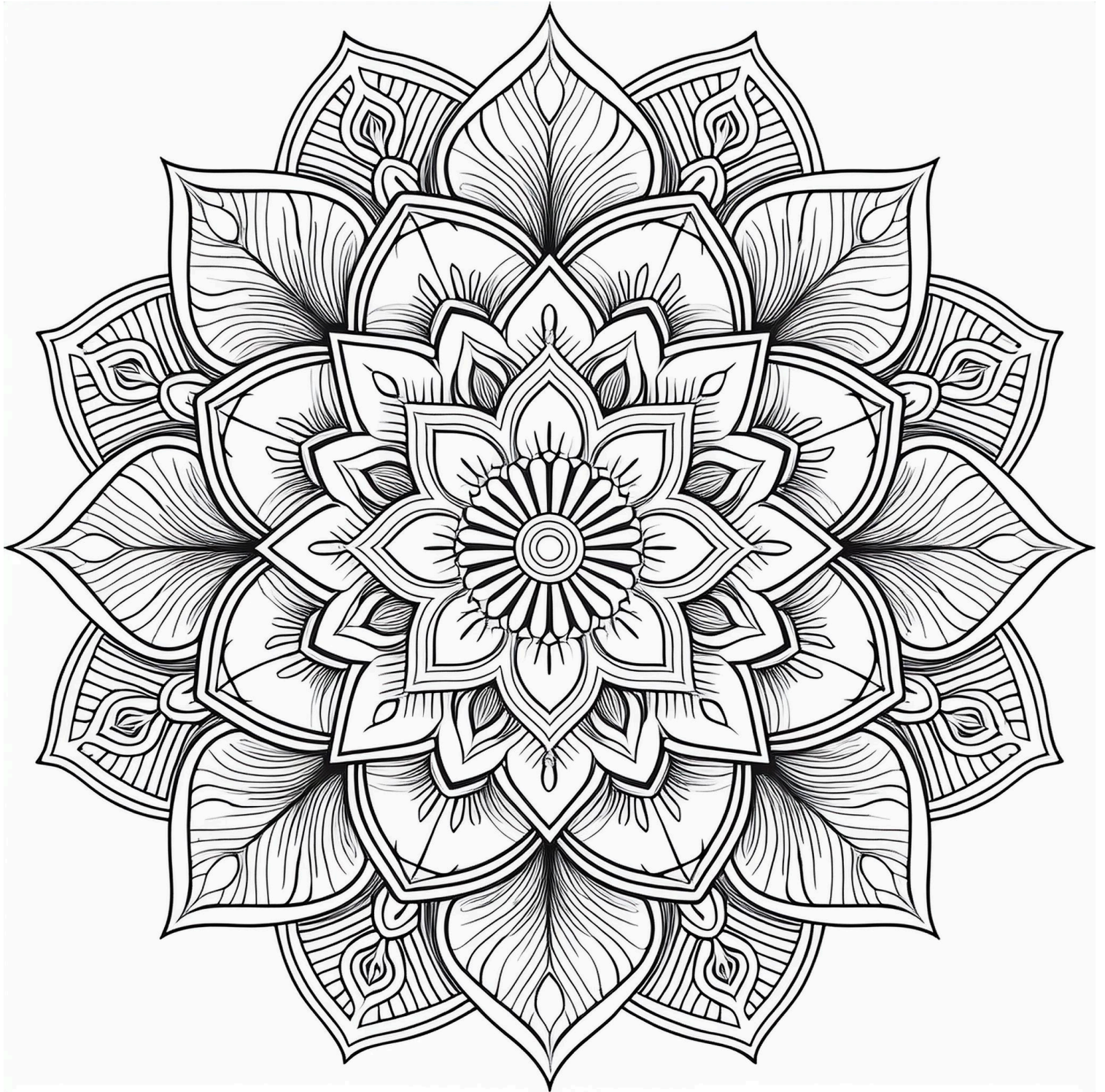
**“I am deserving of kindness, including
from myself”**



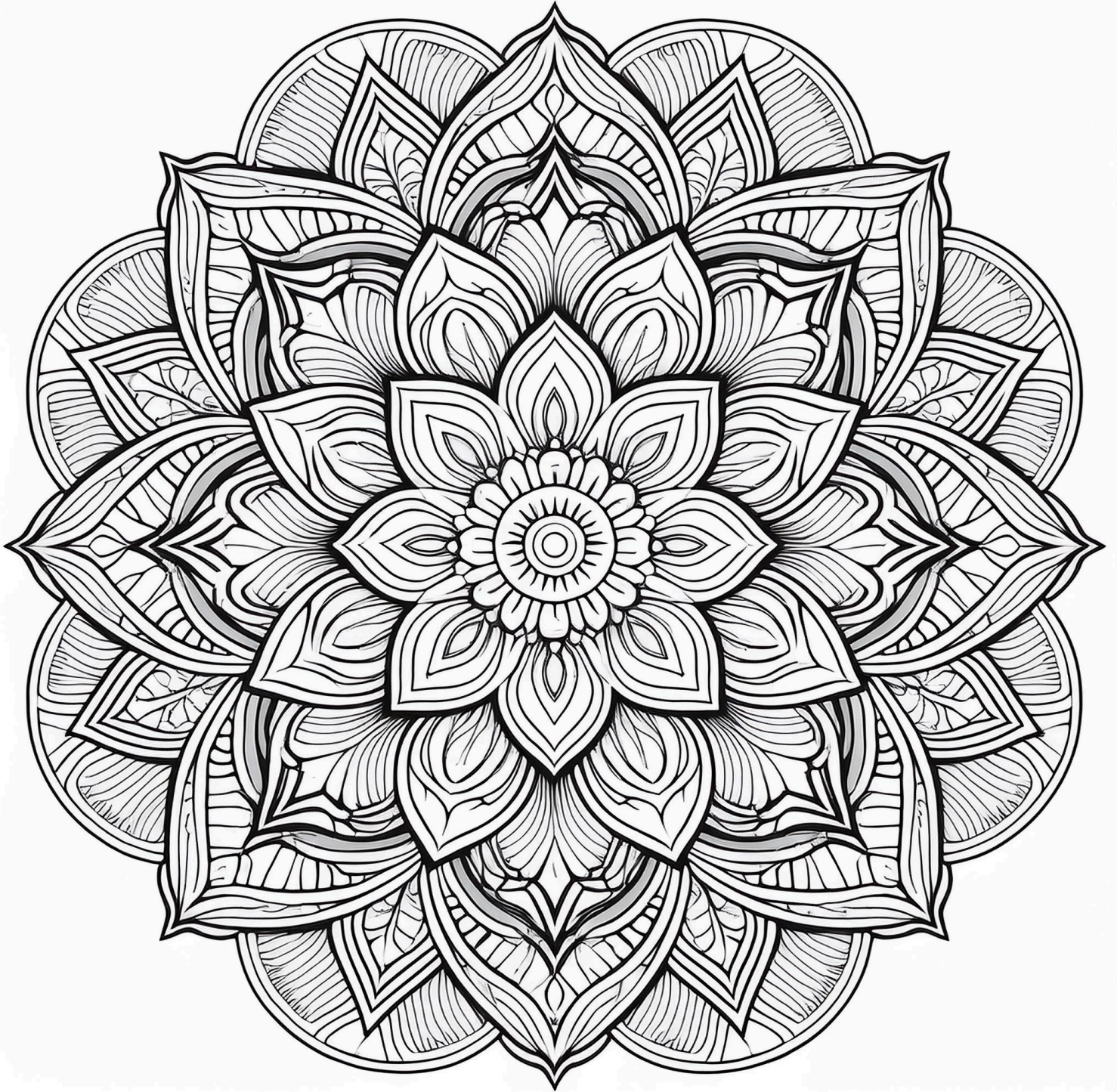
**“I am adaptable and resourceful in
overcoming challenges”**



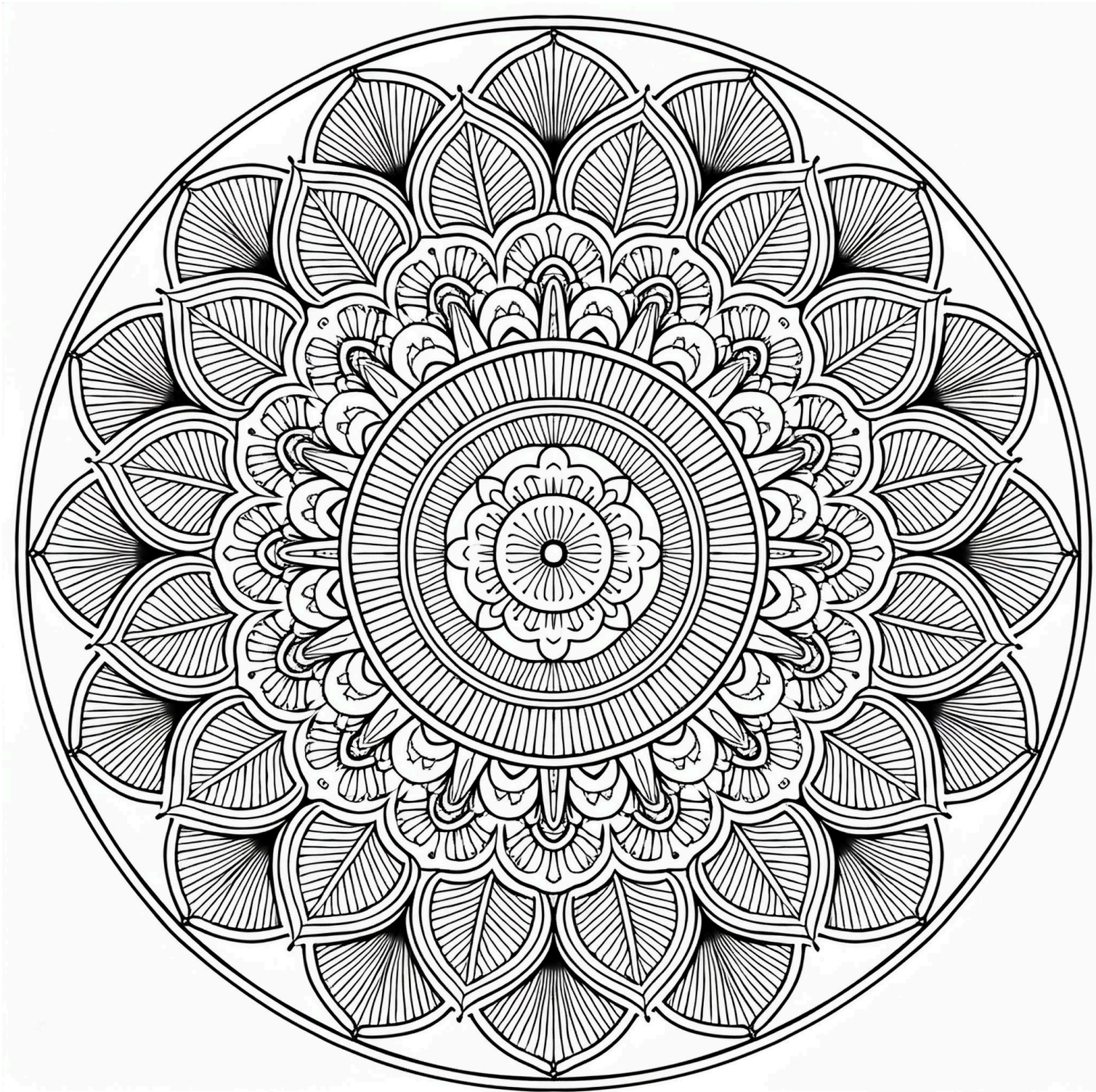
“My body works hard for me, and I appreciate its efforts”



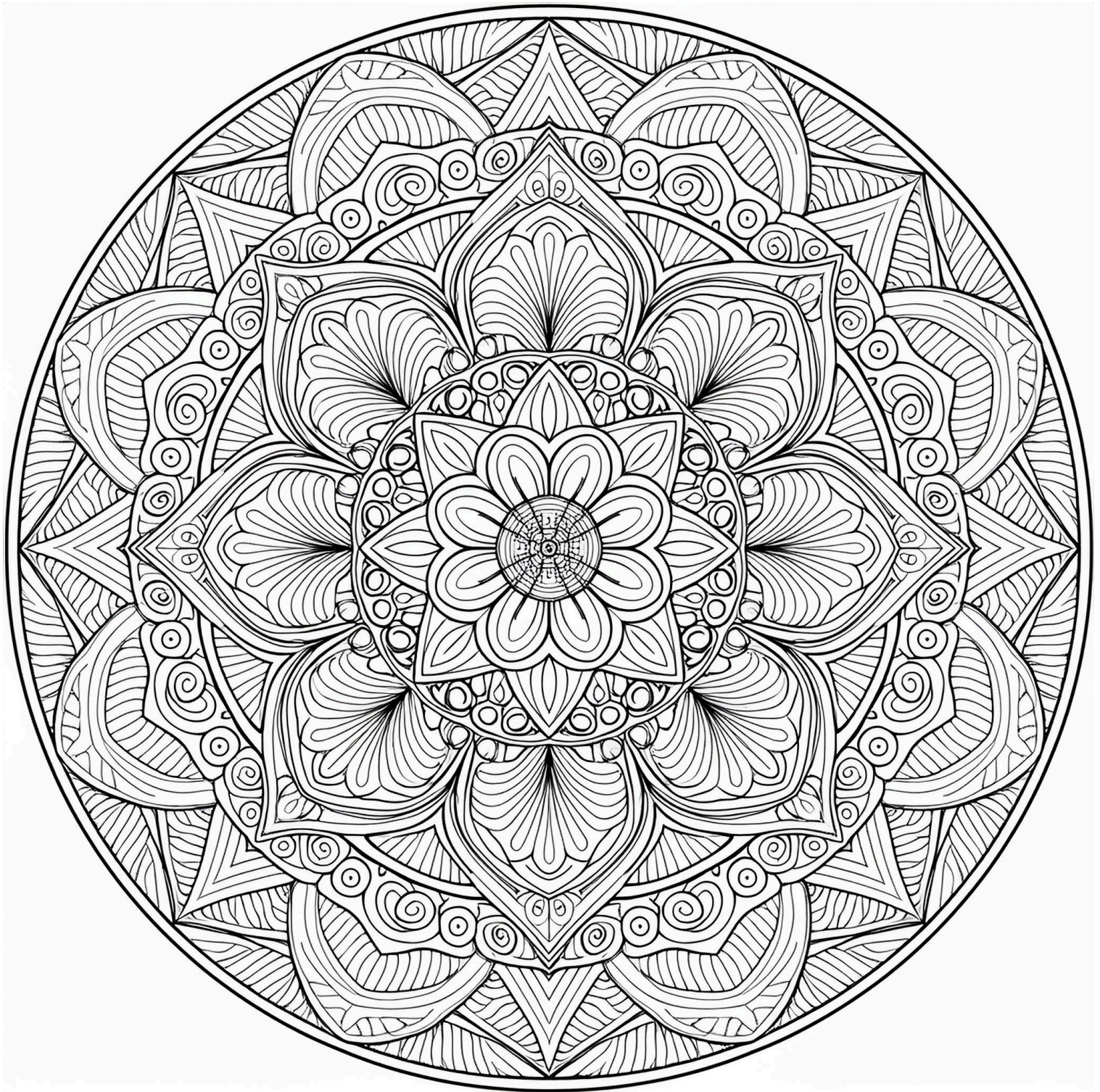
“I am brave, even when it feels hard”



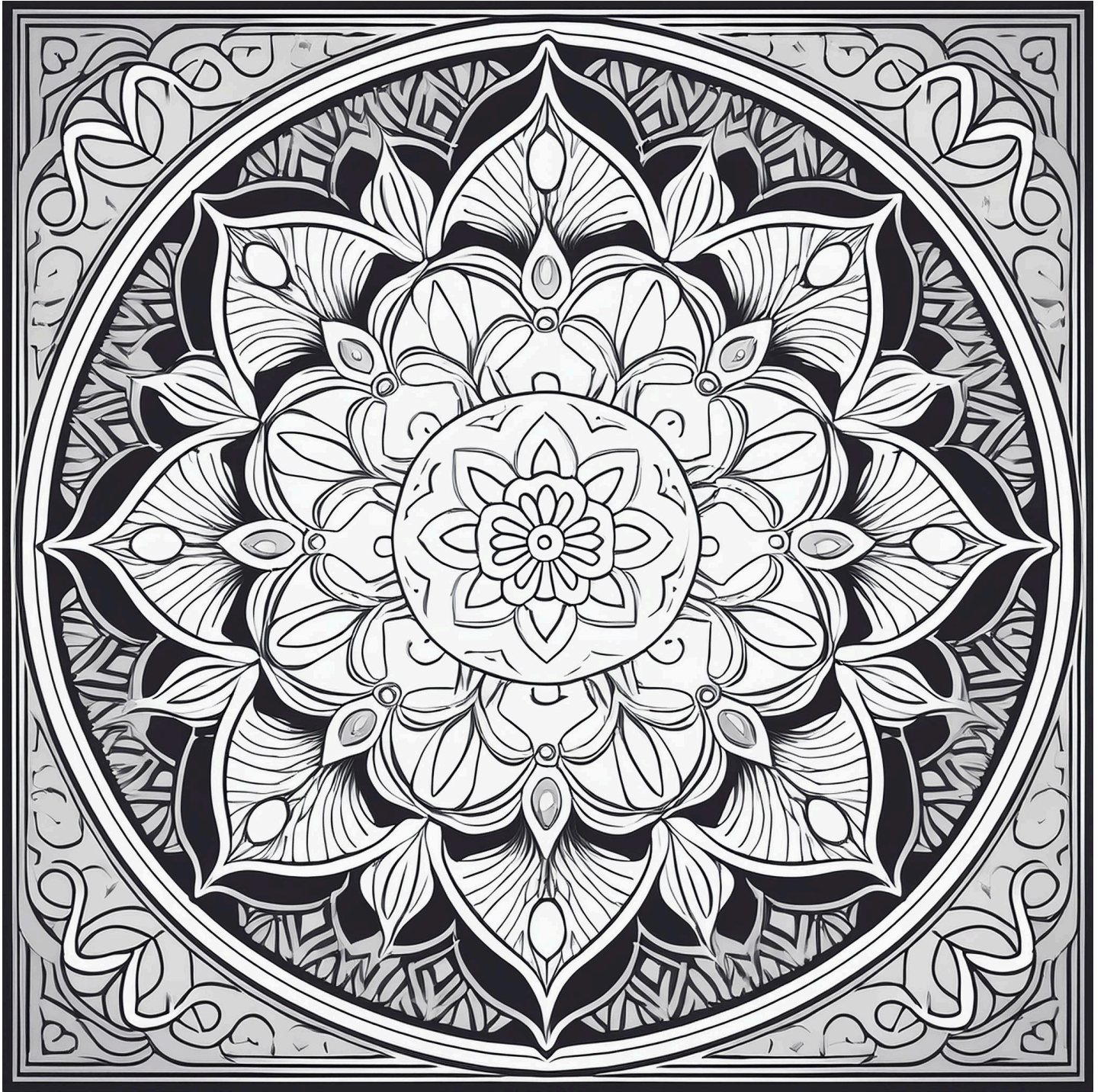
**“I focus on what feels good in
this moment”**



“Healing is a journey, not a destination”



“Hope is my anchor, even in the storm”



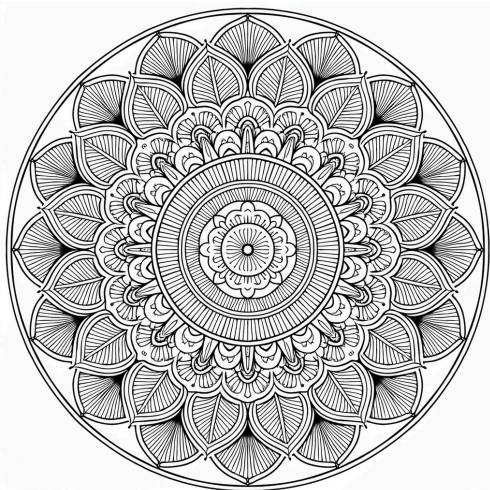
“I am doing my best, and that is enough”

With thanks

Mast Cell Action would like to extend a special thanks to Ivy Lewis, a member of our Wellbeing Advisory Board, for making this book possible.

For more wellbeing resources, please visit

www.mastcellaction.org



As each colour fills the spaces in this book, may your heart find calm, your mind find focus, and your spirit find strength. You are your own masterpiece.