



# always be colouring

by  
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A colouring book created by a patient, for  
other patients and people who like to colour

Hi, my name is Nellie.

While going through treatments recently, I discovered that I like to draw, which is something I had not done since my school days.

I signed up for an art therapy group, and was encouraged to keep a sketchbook where I could draw, doodle and keep a creative journal. The drawings in this coloring book are taken from this sketchbook. I'm so happy to share these drawings, and hopefully you too can connect to your creative side.

With love,

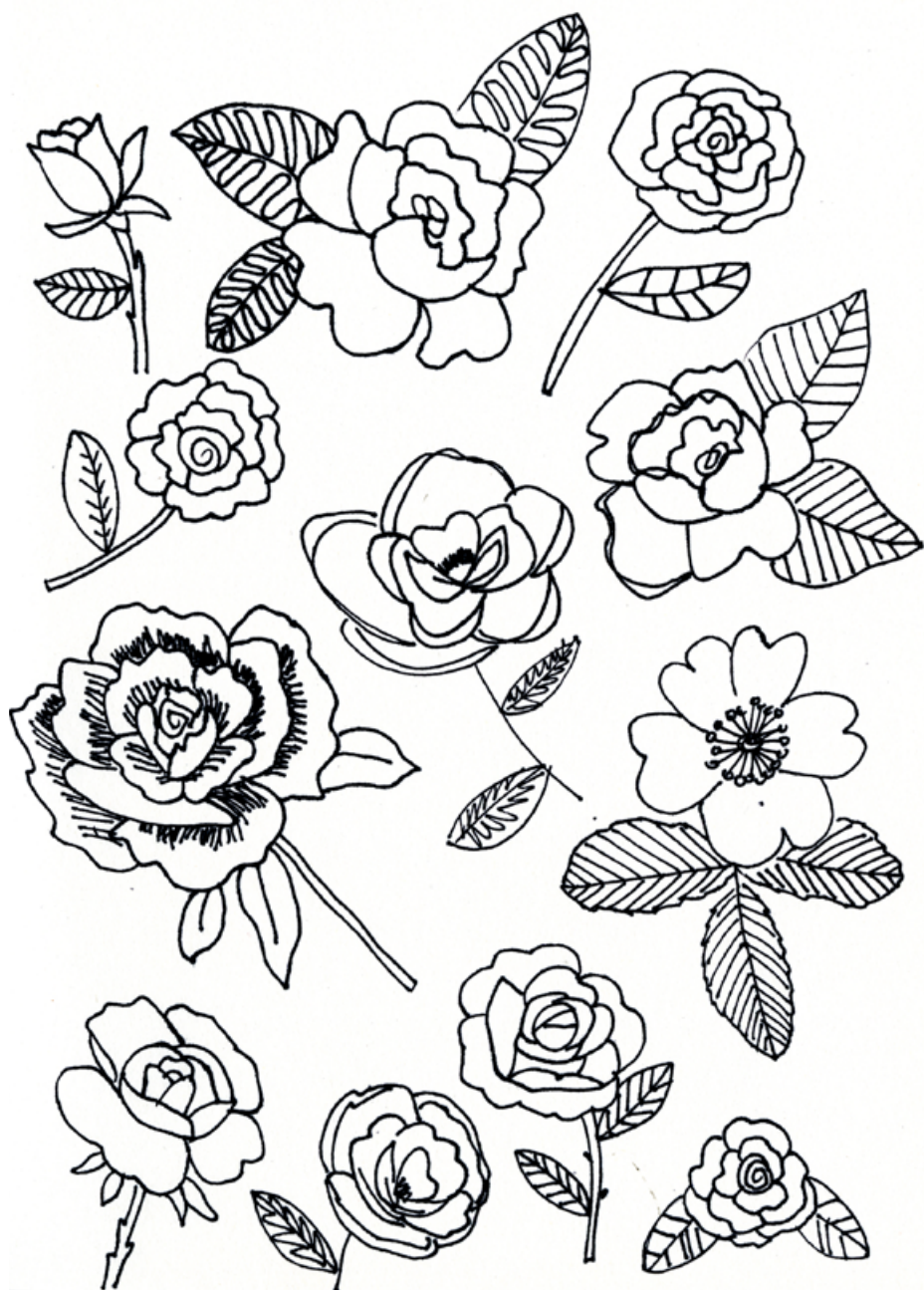
Nellie



## Nature

I find a lot of inspiration in nature. There is so much beauty to be found in a flower, a mountain, a river. When I'm not feeling well, a walk in the forest can lift my spirits.

















## Mandalas

Have you ever drawn a mandala? Drawing or colouring a mandala can be very meditative.

While there are many ways to make them, I like to start from the middle, adding one layer at a time and working my way outwards.

Feel free to add on to these, or draw your own. Start your own drawing and coloring adventure. It doesn't matter what it looks like in the end, the idea is to simply start and see where it takes you!

