

The background of the entire page is a repeating black and white line art pattern. It features stylized flowers of various sizes, some with multiple petals and others with five petals. Interspersed among the flowers are leaves, some simple and some with detailed veins, and swirling vine-like lines. The pattern is dense and covers the entire surface.

MENTAL HEALTH COLORING BOOK



**BELIEVE
IN THE
MAGIC**



**JUST KEEP
MOVING
FORWARD**



**IT'S OKAY
TO TAKE
A BREAK**



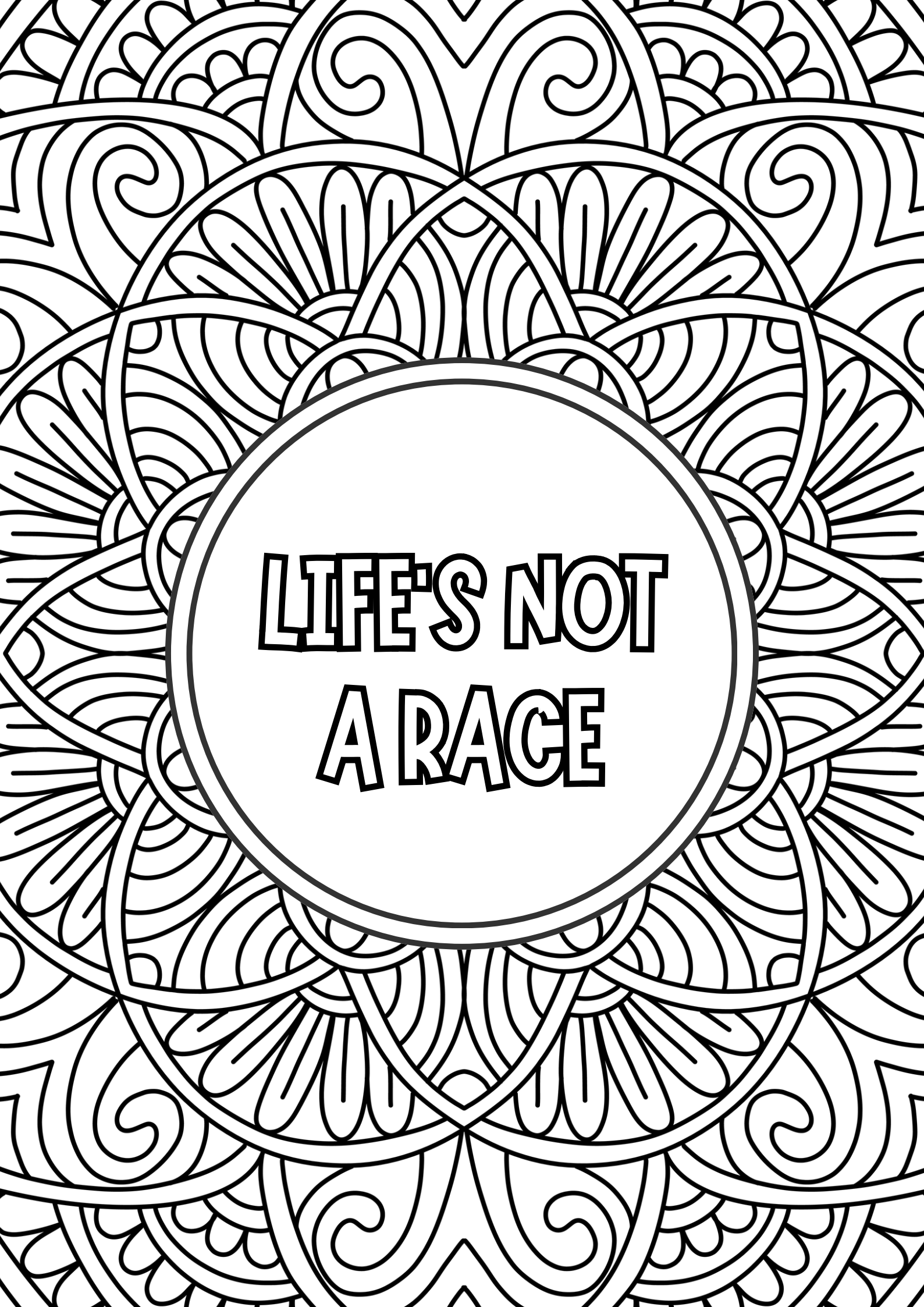
**FUELED
BY HAPPY
THOUGHTS**

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of geometric and organic shapes, including teardrops, triangles, and scalloped edges, creating a symmetrical, sunburst-like pattern. In the center of the mandala is a large, solid white circle. Inside this circle, the text "IT'S OKAY TO SAY NO" is written in a bold, black, sans-serif font, with the words stacked on two lines.

**IT'S OKAY
TO SAY NO**

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of geometric and organic patterns, including circles, triangles, and leaf-like shapes. In the center of the mandala is a large circle containing the text "DO THINGS AT YOUR OWN PACE" in a bold, sans-serif font.

**DO THINGS
AT YOUR
OWN PACE**



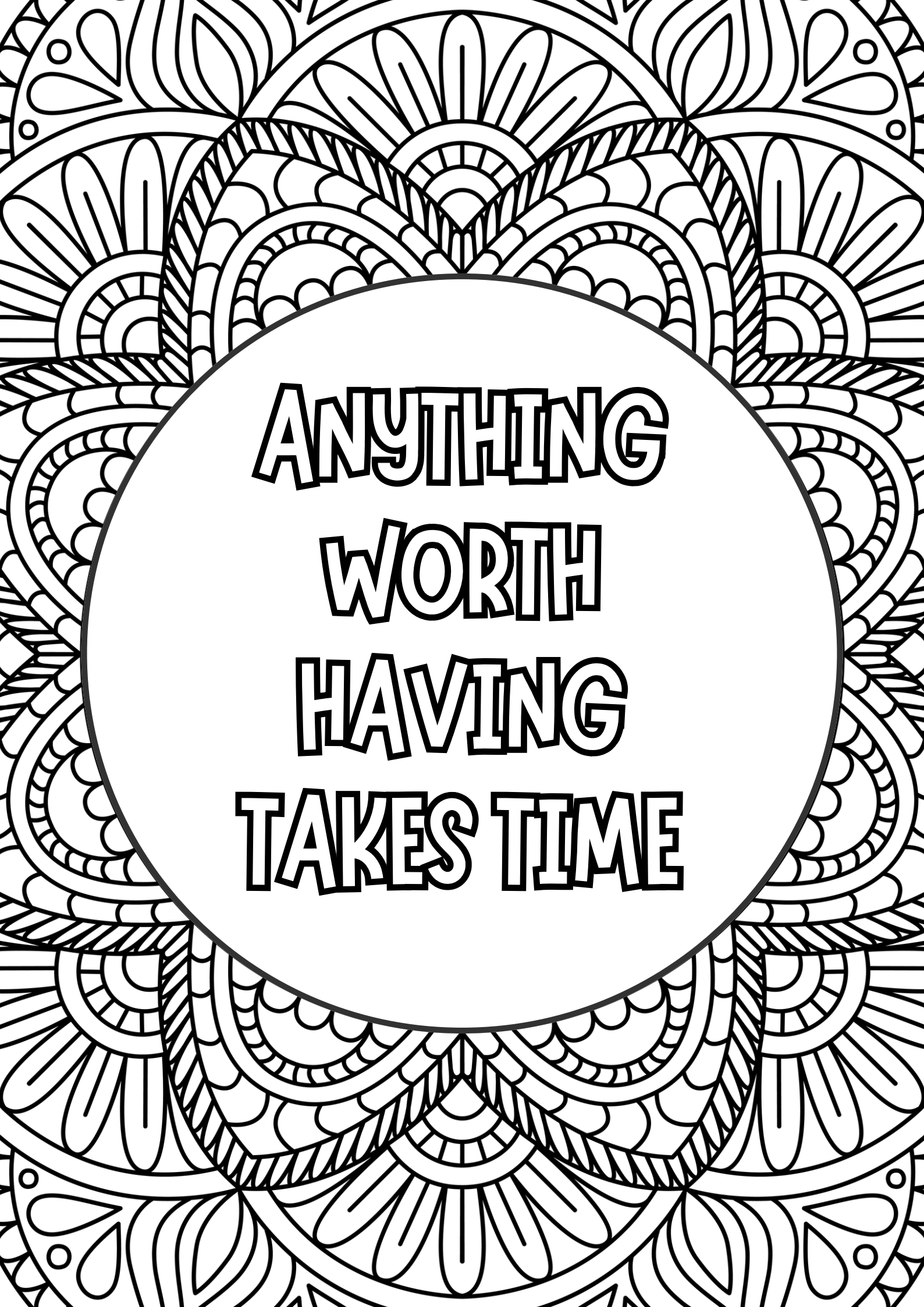
**LIFE'S NOT
A RACE**

A black and white line drawing of a mandala. The mandala is circular and features a central circle containing the text "JUST LIVING MY BEST LIFE". The central circle is surrounded by several concentric rings of intricate, symmetrical patterns. These patterns include stylized floral motifs, leaf-like shapes, and geometric designs. The overall style is reminiscent of traditional Indian or Middle Eastern mandala art, often used for coloring or meditation. The text is written in a bold, sans-serif font, with each word on a new line.

**JUST
LIVING MY
BEST LIFE**

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of geometric and organic shapes, including circles, triangles, and teardrop-like forms, creating a complex, symmetrical pattern. In the center of the mandala is a large, empty circle. Inside this central circle, the words "YOU HAVE" and "THE POWER" are written in a bold, sans-serif font, stacked vertically.

**YOU HAVE
THE POWER**

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of geometric and organic patterns, including circles, lines, and leaf-like shapes. In the center of the mandala is a large white circle. Inside this circle, the text "ANYTHING WORTH HAVING TAKES TIME" is written in a bold, black, sans-serif font, arranged in four lines.

**ANYTHING
WORTH
HAVING
TAKES TIME**



**BE GENTLE
WITH
YOURSELF**

A black and white line drawing of a mandala. The background is filled with a complex, repeating pattern of stylized leaves and flowers. In the center, there is a large white circle with a black outline. Inside this circle, the text "STOP DREAMING AND START DOING" is written in a bold, black, sans-serif font, arranged in four lines.

**STOP
DREAMING
AND START
DOING**



**DO MORE
OF WHAT
YOU LOVE**



**TRUST
YOURSELF**



**YOU CAN
DO THIS**



**HAPPINESS
IS A HABIT**



**I AM FUELED
BY HAPPY
THOUGHTS**



**WE BEND
SO WE DON'T
BREAK**



**EVERYTHING'S
BETTER WHEN
WE'RE TOGETHER**



**TAKE A DEEP
BREATH AND
TRY ALL OVER
AGAIN**



**LIVE IN THE
MOMENT**



**DO YOUR
OWN THING**



**ALLOW
YOURSELF
JOY**



**BE KIND TO
YOUR MIND**



**GOOD
THINGS ARE
UP AHEAD**