

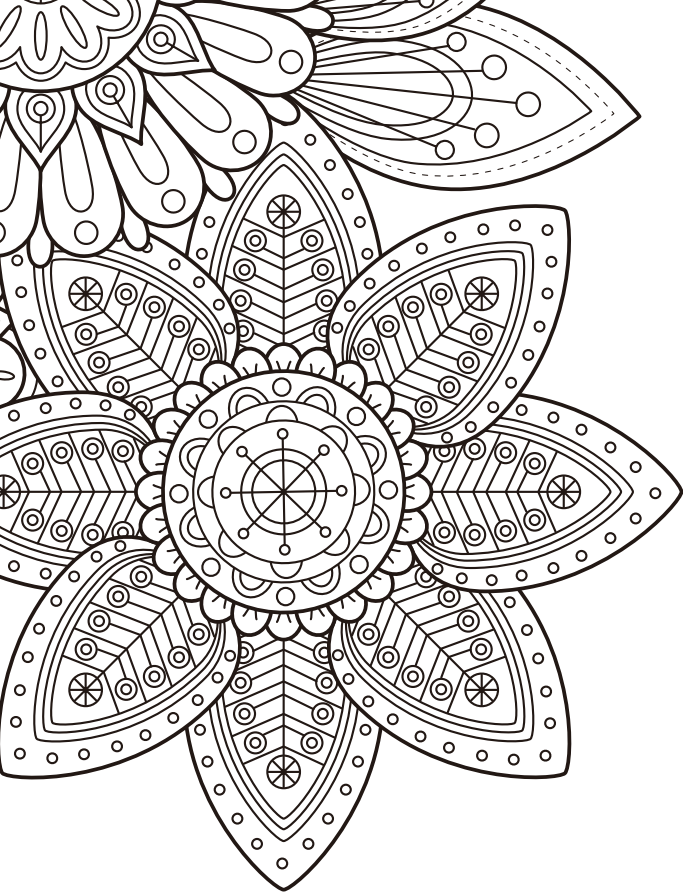
MENTAL HEALTH AND WELLBEING SERVICE

# Mindfulness Colouring book

[Rfds.co/mentalhealth](https://rfd.co/mentalhealth)



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“One can speak poetry just  
by arranging colours well”

- Vincent Van Gogh

Colouring is meditative, it relaxes your brain and improves its function.

The meditative state occurs when you quiet your mind and you are simply focused on the activity in front of you.

The repetitive nature of colouring and attention to detail can relieve stress.

When colouring, you are not paying attention to the past or the future, instead you are immersed in the present, the now, relaxing your mind and keeping your thoughts from intruding.

Try colouring before going to sleep, as a replacement from your TV or mobile phone. Experiment with colours you like, or those that relate to your current mood.

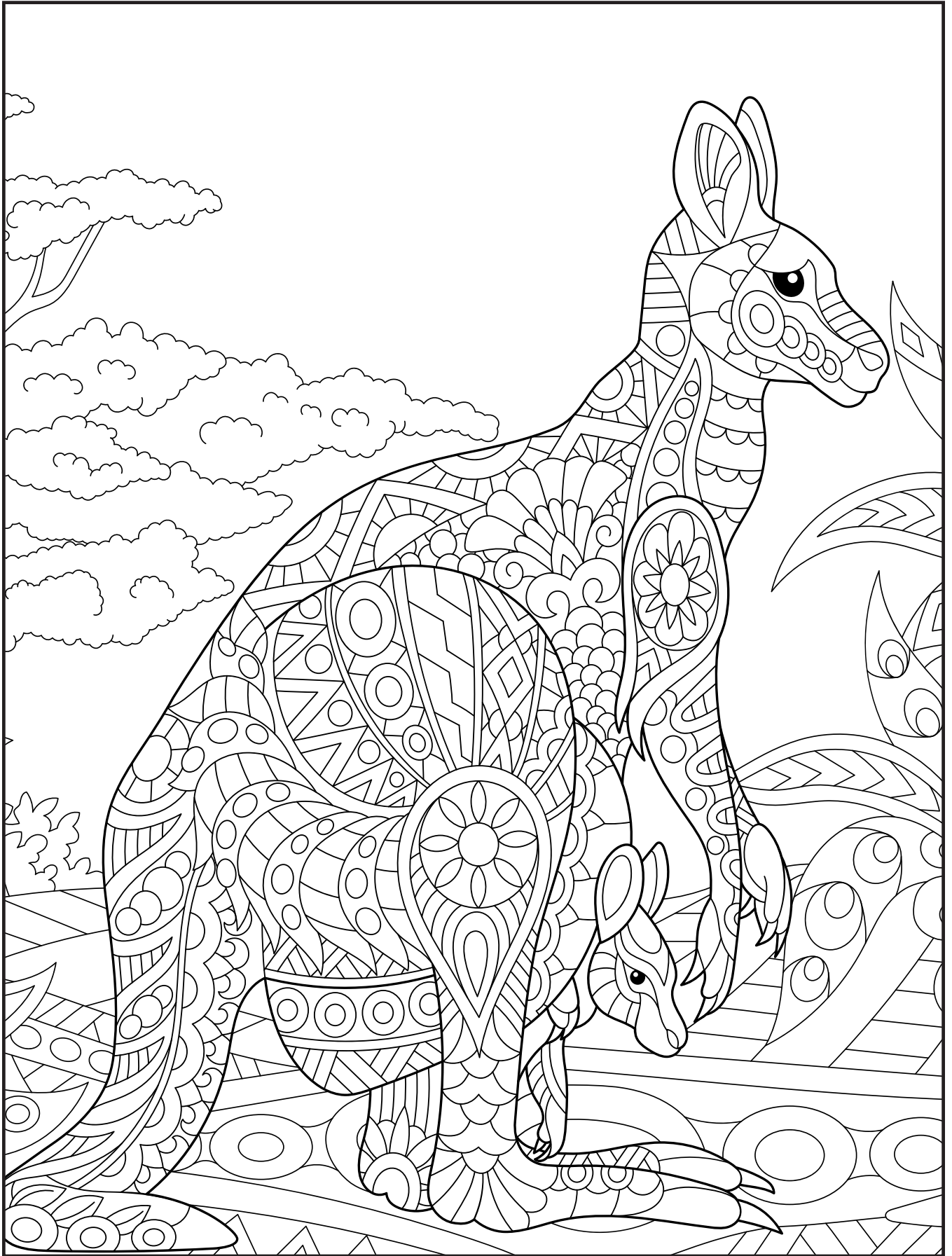
**Sharpen your pencils, grab a cuppa and dive in!**

## **Mental Health and Wellbeing Service**

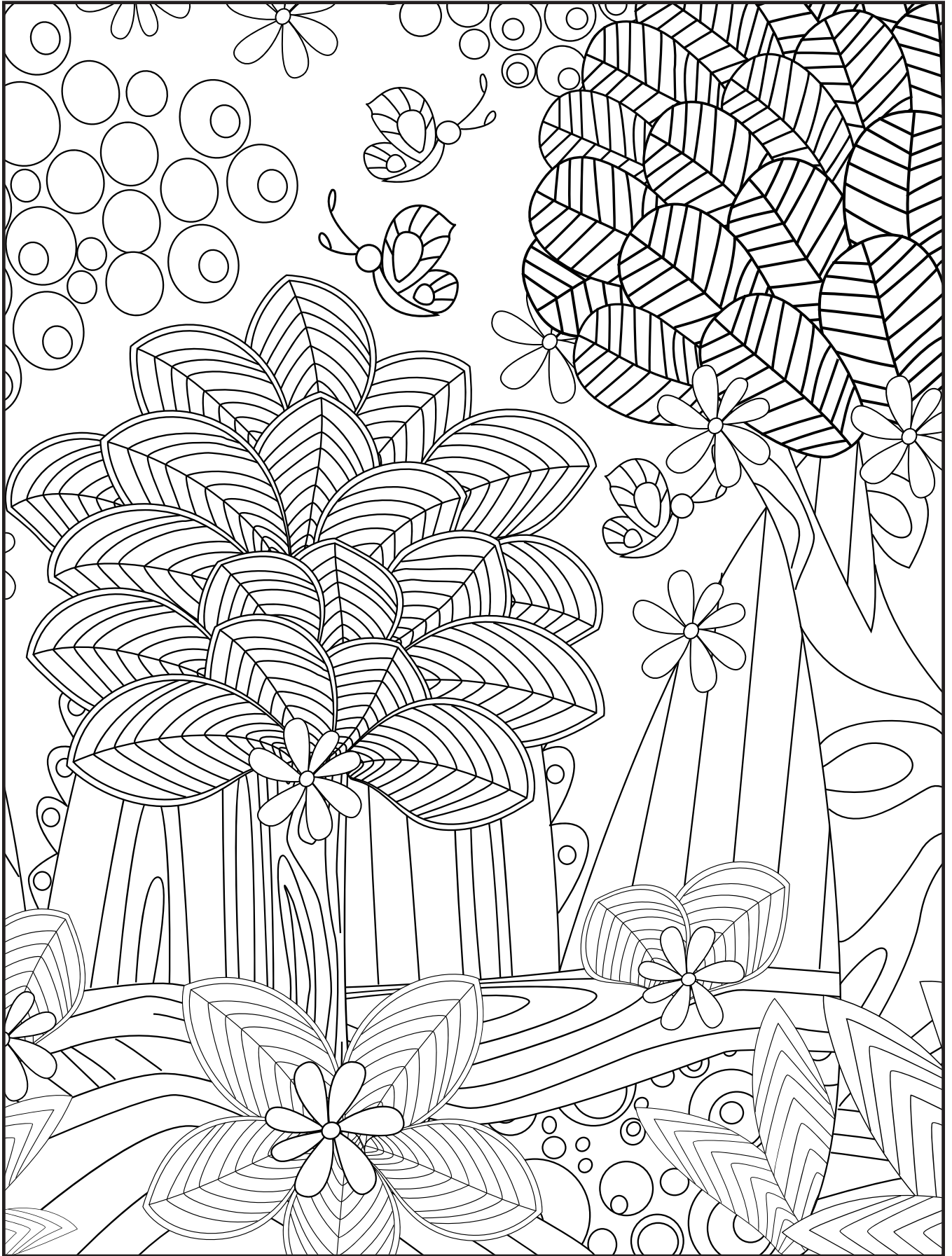
The RFDS Mental Health & Wellbeing Service is in various Cape York communities every week. Our service supports clients with a wide range of needs, including depression, anxiety, post-traumatic stress, domestic violence, drug and alcohol use and more.

Our Mental Health Clinicians are specifically trained and available to assist people with a wide range of health & wellbeing issues. We offer a free, confidential service in a safe environment for individuals to express their concerns and, more importantly, to help explore solutions and strategies to assist in recovery.

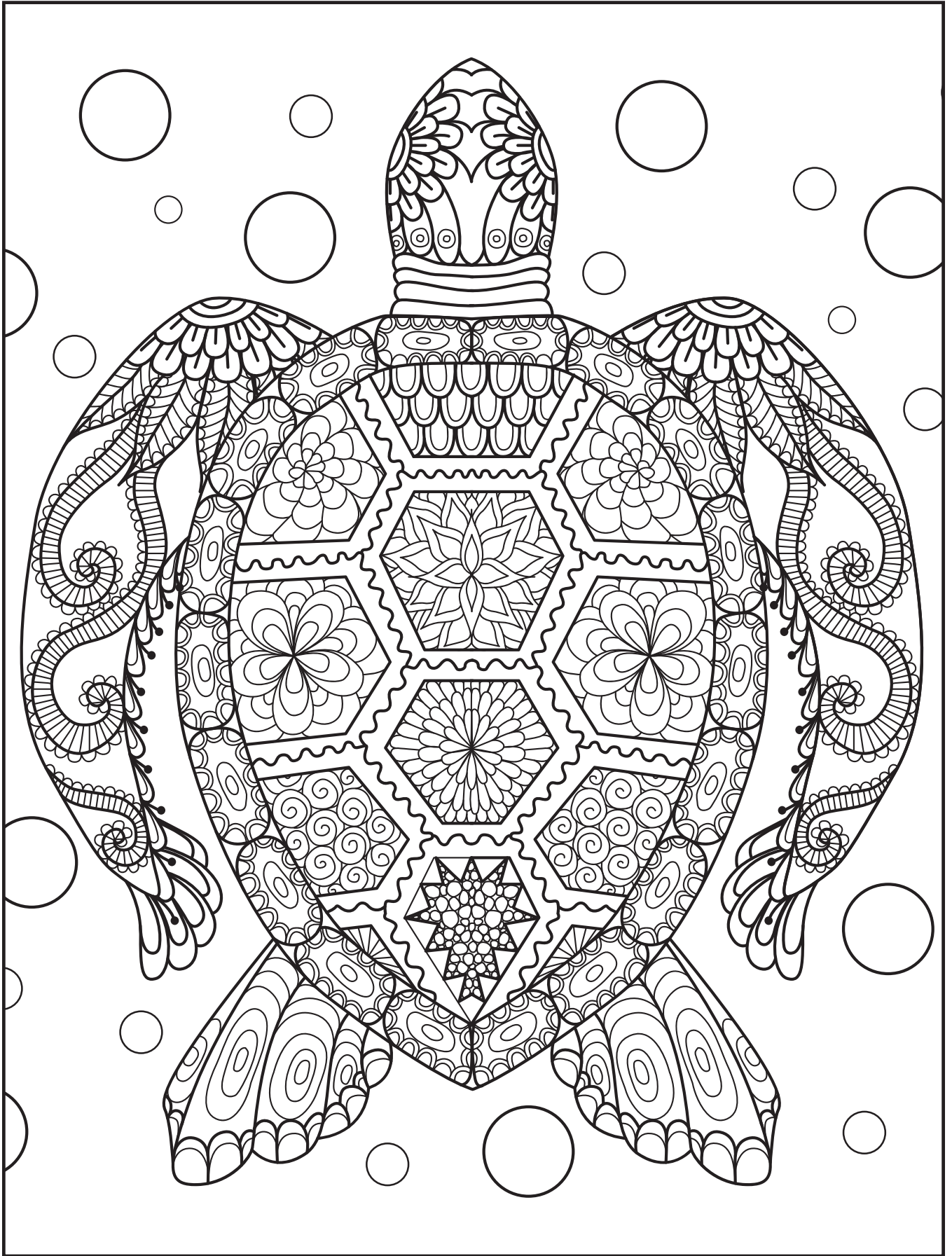




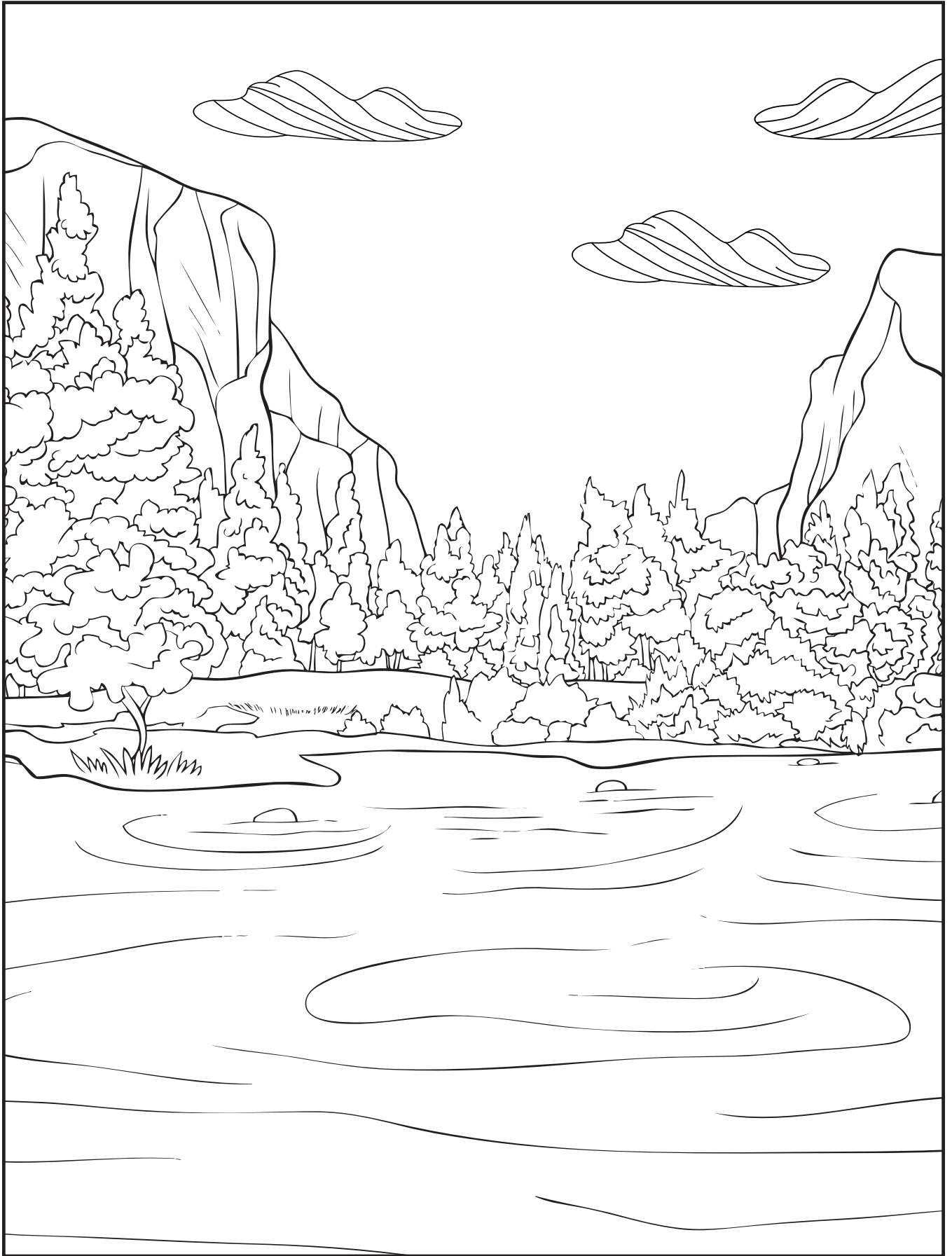
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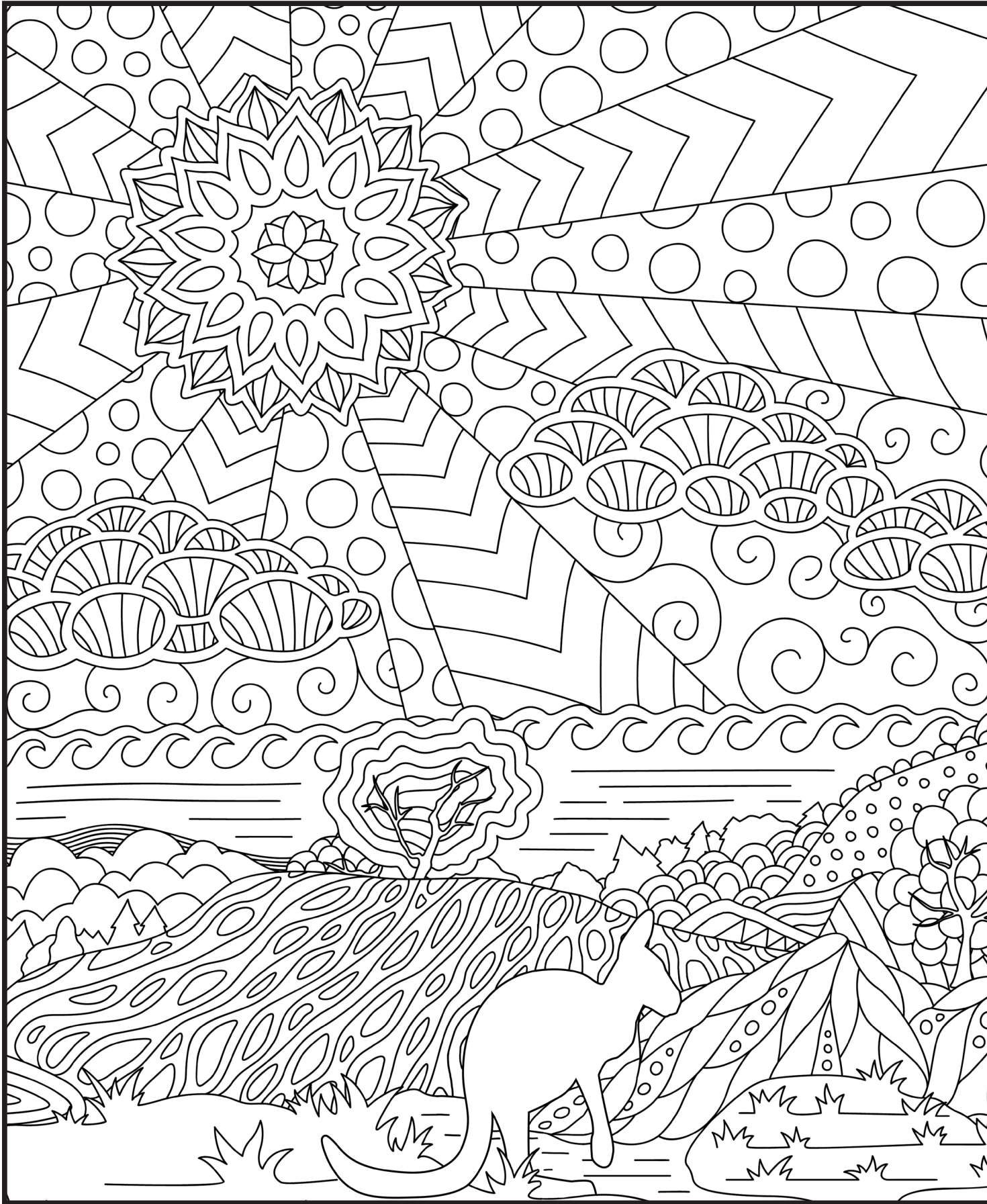
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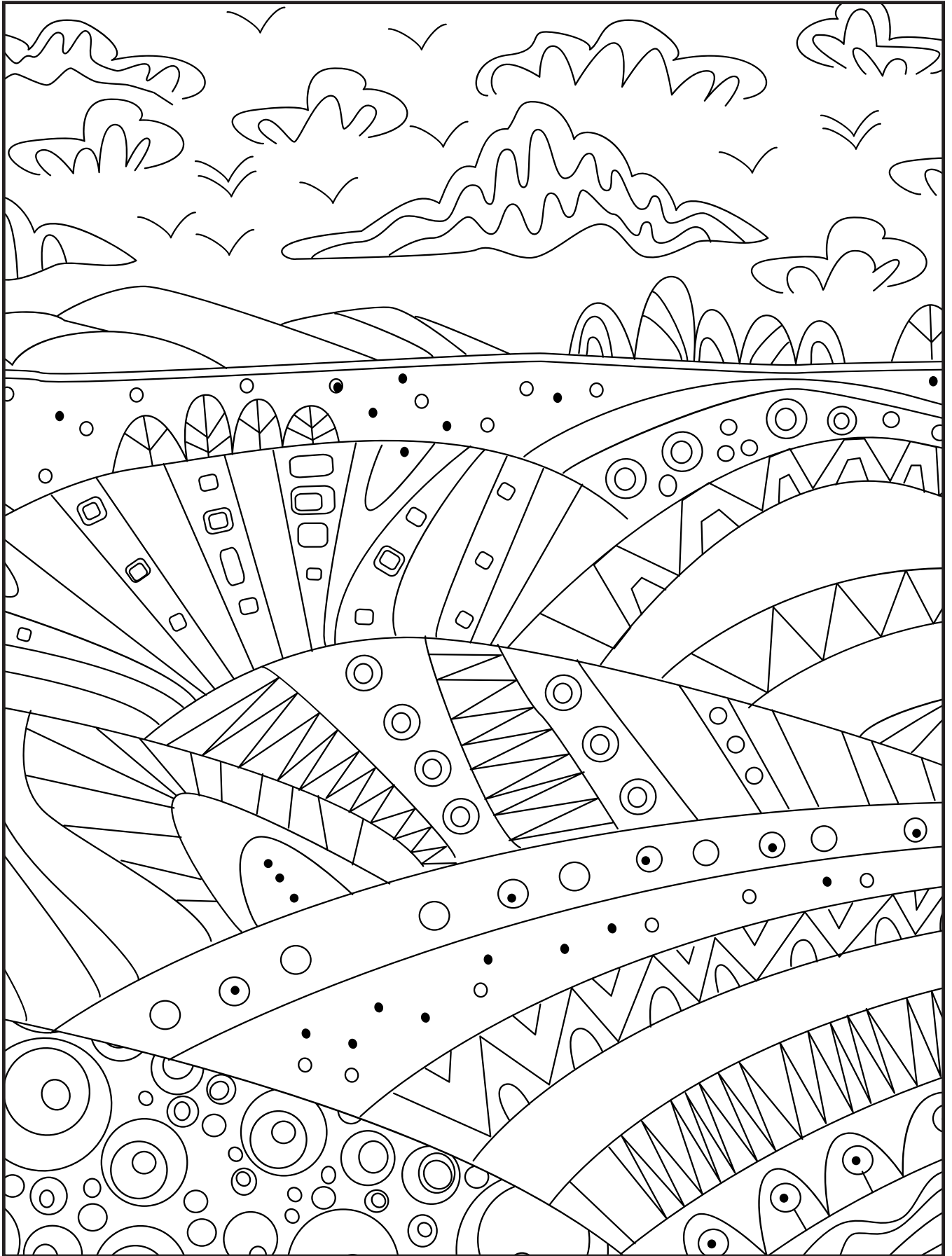




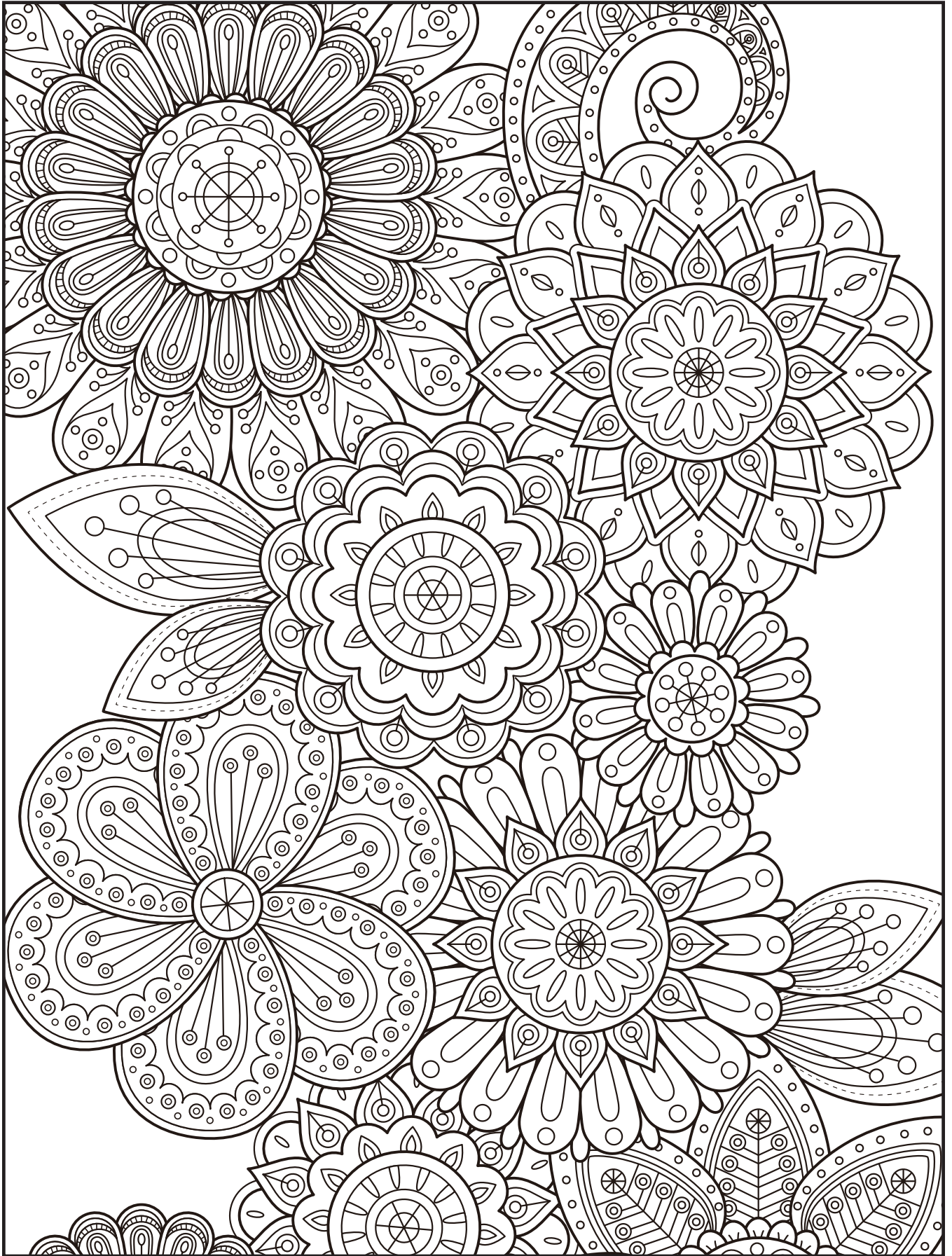
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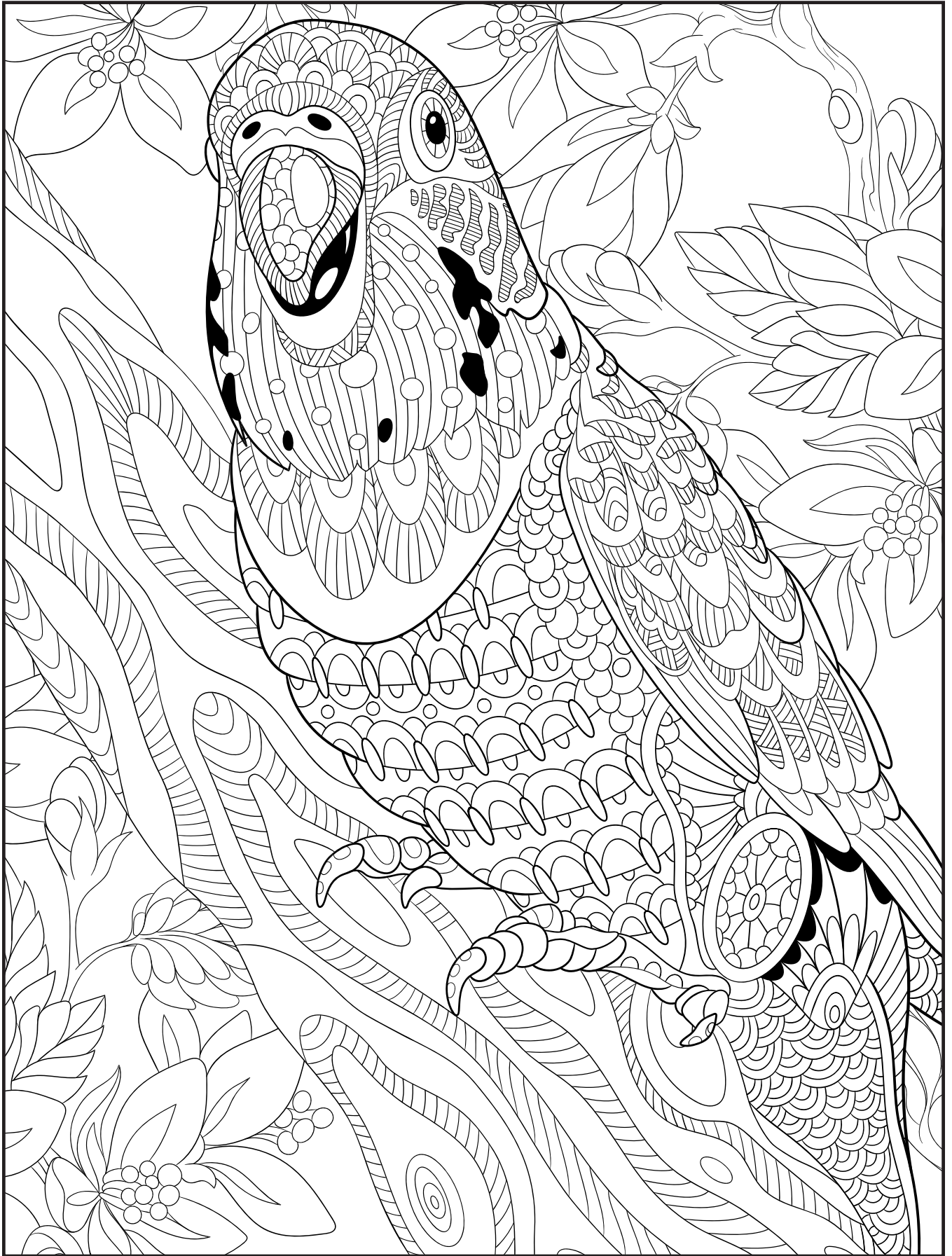
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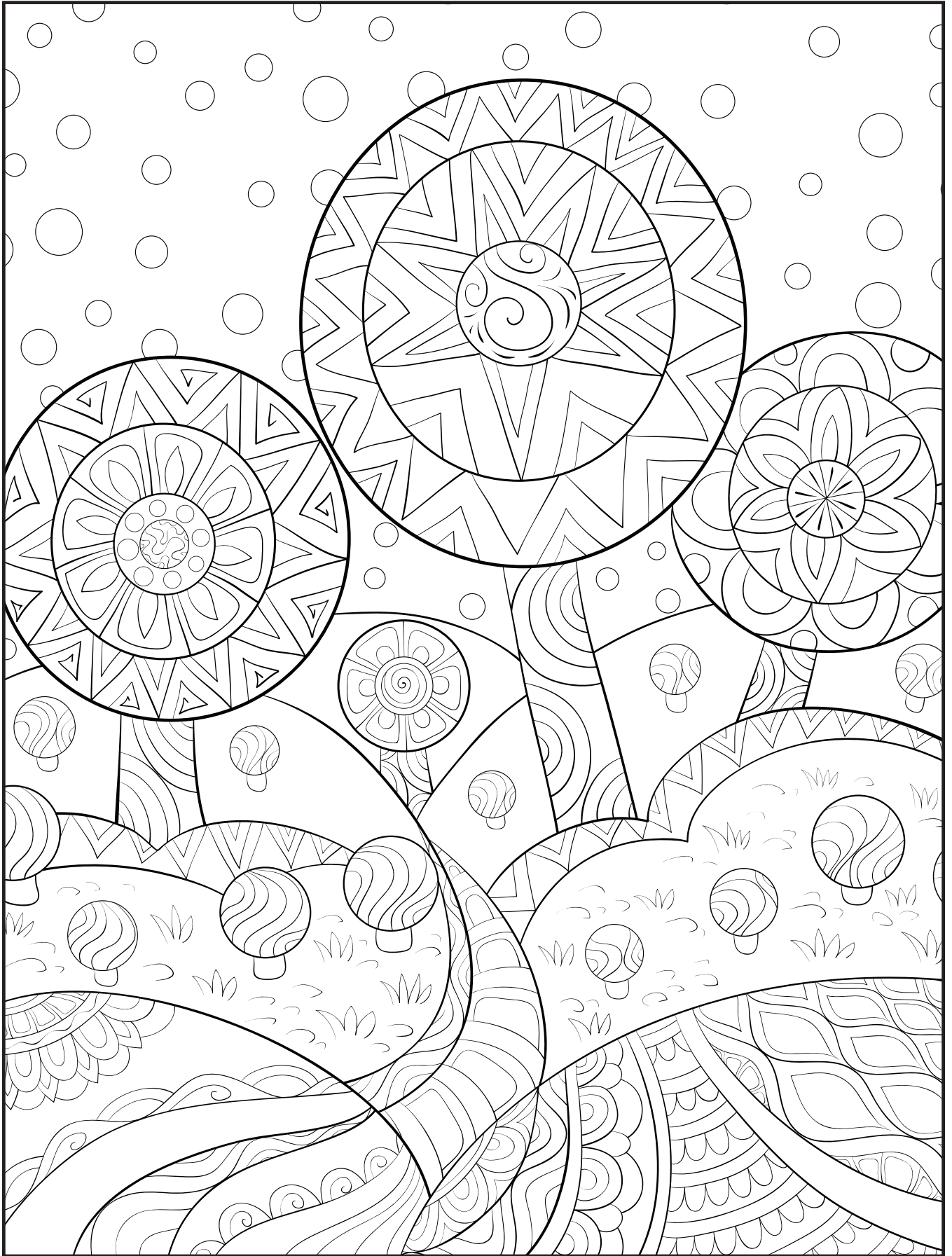
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Access to our service is as easy as picking up the phone and a formal referral is not required. To arrange an appointment or to talk to a clinician, please contact the RFDS Cairns Base:

Ph: 07 **4040 0444**

Email: **MHAdmin@rfdsql.com.au**

 /groups/RFDSMHCapeYork

For more great resources:



*The Royal Flying Doctor Service acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of this land.*

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