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The Healthy Coping Colouring Book And Journal: Creative Activities To Help Manage Stress, Anxiety And Other Big Feelings



Synopsis

Packed full of creative activities and coping strategies, this journal and colouring book is the perfect companion when faced with difficult thoughts and feelings. Whether you are stressed out at home or school, feeling anxious or simply in need of some relaxation, this workbook provides a place for you to express your emotions. Put your own personal stamp on colouring, journaling and drawing activities and explore healthy ways of coping with difficult feelings such as anger and anxiety through inspirational quotes, poems and practical advice. With a range of activities that introduce mindfulness and encourage relaxation, this workbook will help young people aged 8-14 to develop the tools needed to prepare for and respond to future difficult situations. It is also an invaluable resource for parents and carers, teachers, counsellors and psychologists to use with young people in their care.

Book Information

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Customer Reviews

This book is a wonderful support programme for those suffering when life is tough. It provides space, ideas and guidance but in a positive and BIG way with solid outlines to be coloured in with no fear of 'going over the lines'. Although aimed at young people, grownups will also find it a comfort! Julia Skinner, retired headteacher @theheadsoffice Parents really struggle to know how to respond when their children are feeling low or in more serious cases dealing with mental health issues. This wonderful book is a great resource for parents to give to their children. It's a practical tool that parents can share, confident in the knowledge that it will help children to deal with difficult feelings. Vicki Shotbolt, CEO at Parent Zone What a lovely book! Pooky brings her usual insight and

imaginative flair to this colouring book with a difference. This book offers a practical and enjoyable way to help children and young people cope better with their worries and anxieties. -- Sue Cowley, author of Road School, www.suecowley.co.uk

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This thing is teeny tiny. It's the size of a normal paperback which makes it very hard to color and/or write in. I ended up returning it.

Besides being a wonderfully creative coloring book, the messages within are truly inspirational.

Excellent product and great experience with this company.

This is a fantastic book and useful for both teens and adults. Sometimes it's hard to figure out what it is that we're feeling and experiencing and this book helps with that process. The pages are full of activities, questions, coloring pages, and journaling pages. There is a lot of good stuff in this book. The only two things I don't like. I should have paid attention to the details when I purchased this book. It is much smaller than I expected. Due to the smaller size, the drawing pages go right to the edges of the page. Therefore, there is no way to color the side next to the binding because there just isn't any room or way to hold the book open. Just a matter in regards to authoring any book, there are many quotes shared in the book and none of them have reference to the original author. Should always cite your source and give credit where credit is due. Otherwise, this is a terrific fun book and I would recommend it to anyone.

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Colouring Books of Adults) (Volume 3) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger
Minions Colouring Book: A lovely colouring book for kids. An A4 63 page book full of antics from Bob, Stuart and Kevin with hours of fun to get ... go grab them pencils and start colouring.
Christmas Gifts for Kids: Colouring Book Merry Christmas; Colouring Books Christmas in all Departments; Christmas Colouring Books for Kids in Books; ... and Games; Christmas Stockings in all Dep
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers)
The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help)
Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Adult Colouring Book Designs: Stress Relief Colouring Book: Star War Designs, Mandalas, Zentangle - Darth Vader, Jedi, Stormtrooper, R2D2, BB8, ... Wars, Chewbacca, Darth Maul, new star wars Mandala colouring book for adults: Meditation, Relaxation & Stress Relief: +BONUS 60 free Mandala colouring pages (PDF to print)
Mandala colouring book for adults - Relax & Dream with beautiful Mandalas for Stress relief + BONUS 60 free Mandala colouring pages (PDF to print)
CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety.
The Calm Colouring Book: Creative Art Therapy For Adults (Colouring Books For Grownups) (Volume 2)
The Big Grayscale Colouring Book: Mallorca: Colouring book for adults featuring greyscale photos.
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book)
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)

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