Mindful Colouring

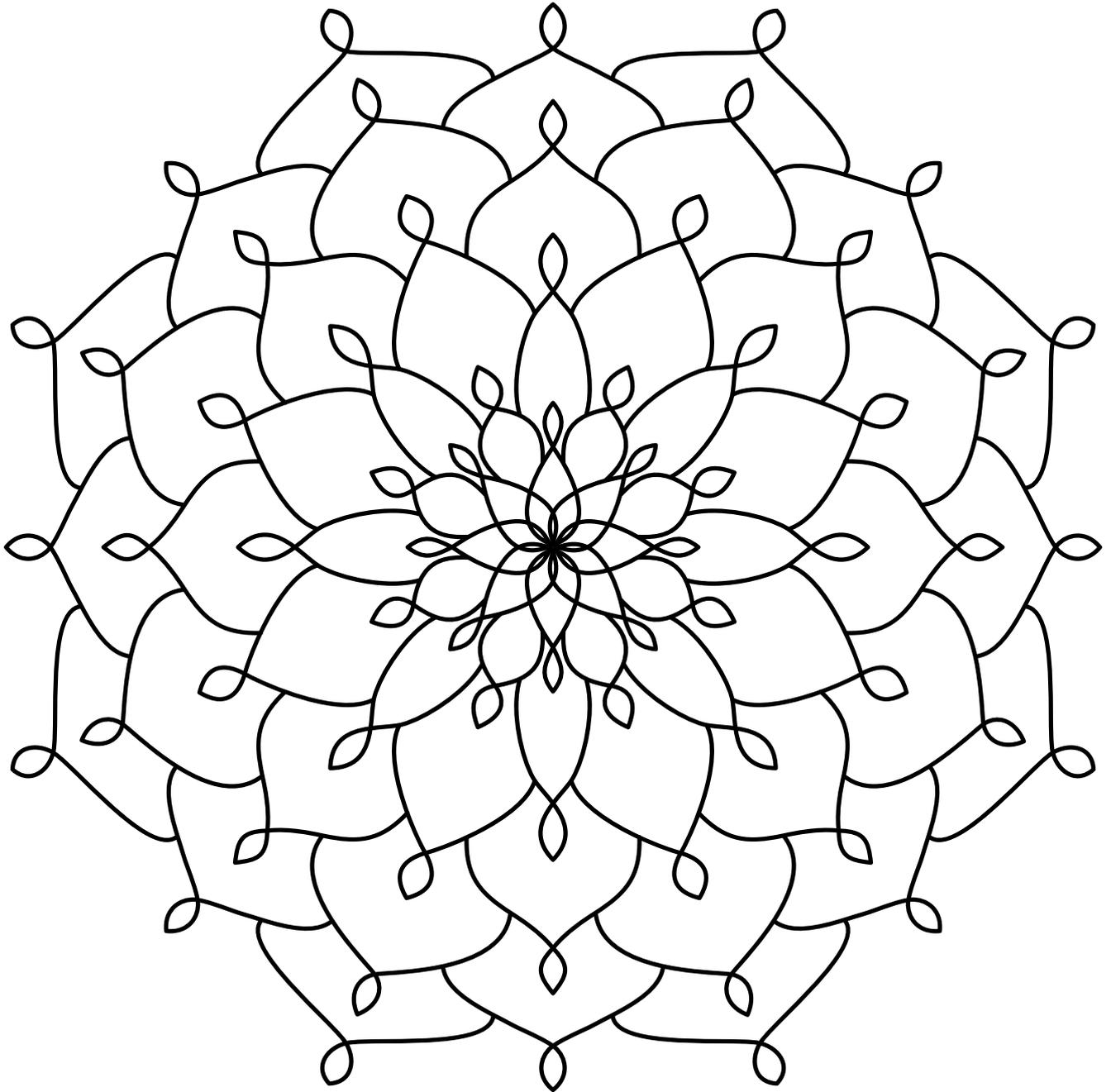## Good for your mental wellbeing

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Mindfulness is a way to support your mental wellbeing by slowing down and taking time to reset. Simple activities like colouring can help you switch off, focus your mind and relax.

For more tips on how to keep mentally healthy, visit **actbelongcommit.org.au**

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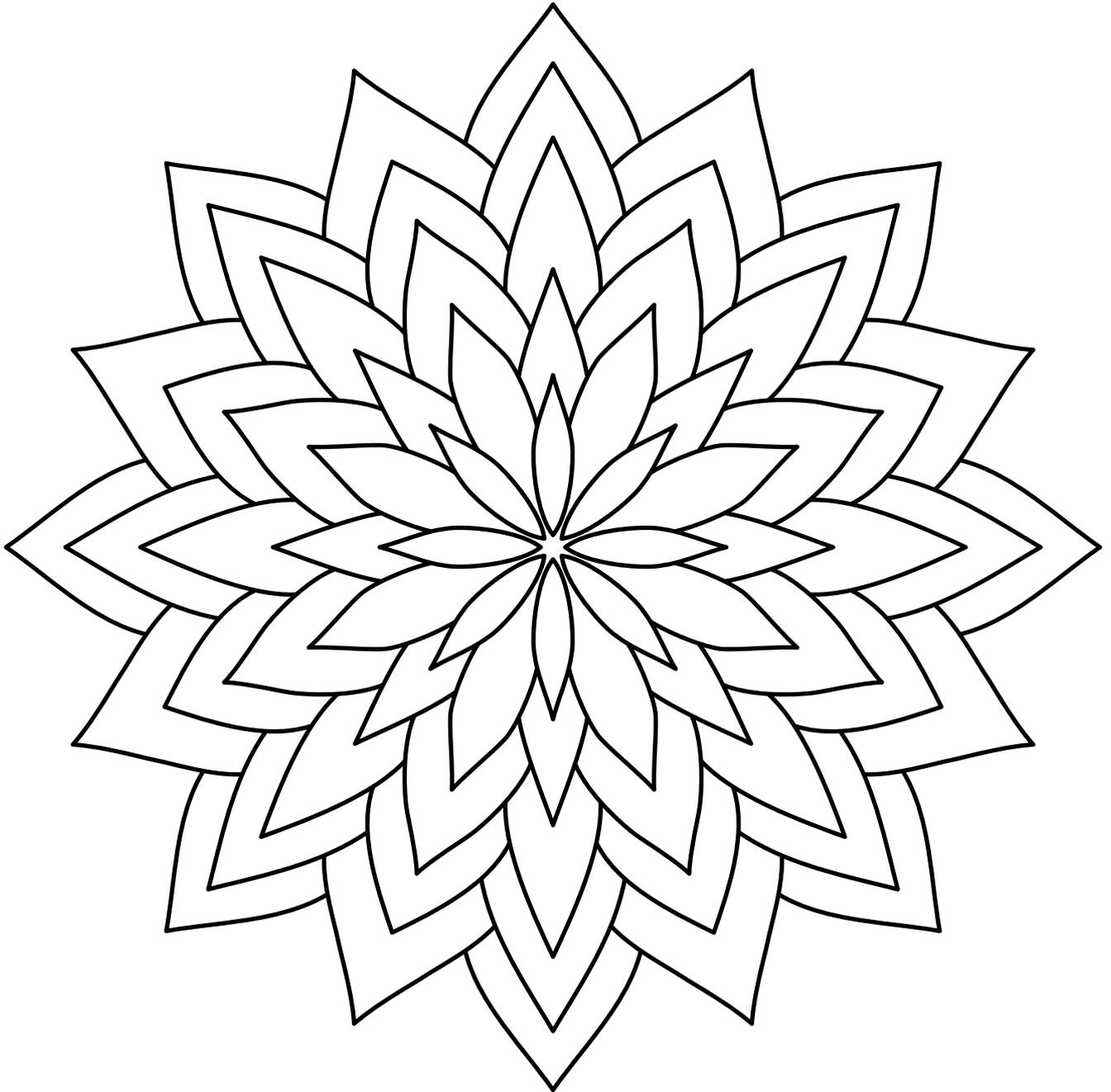
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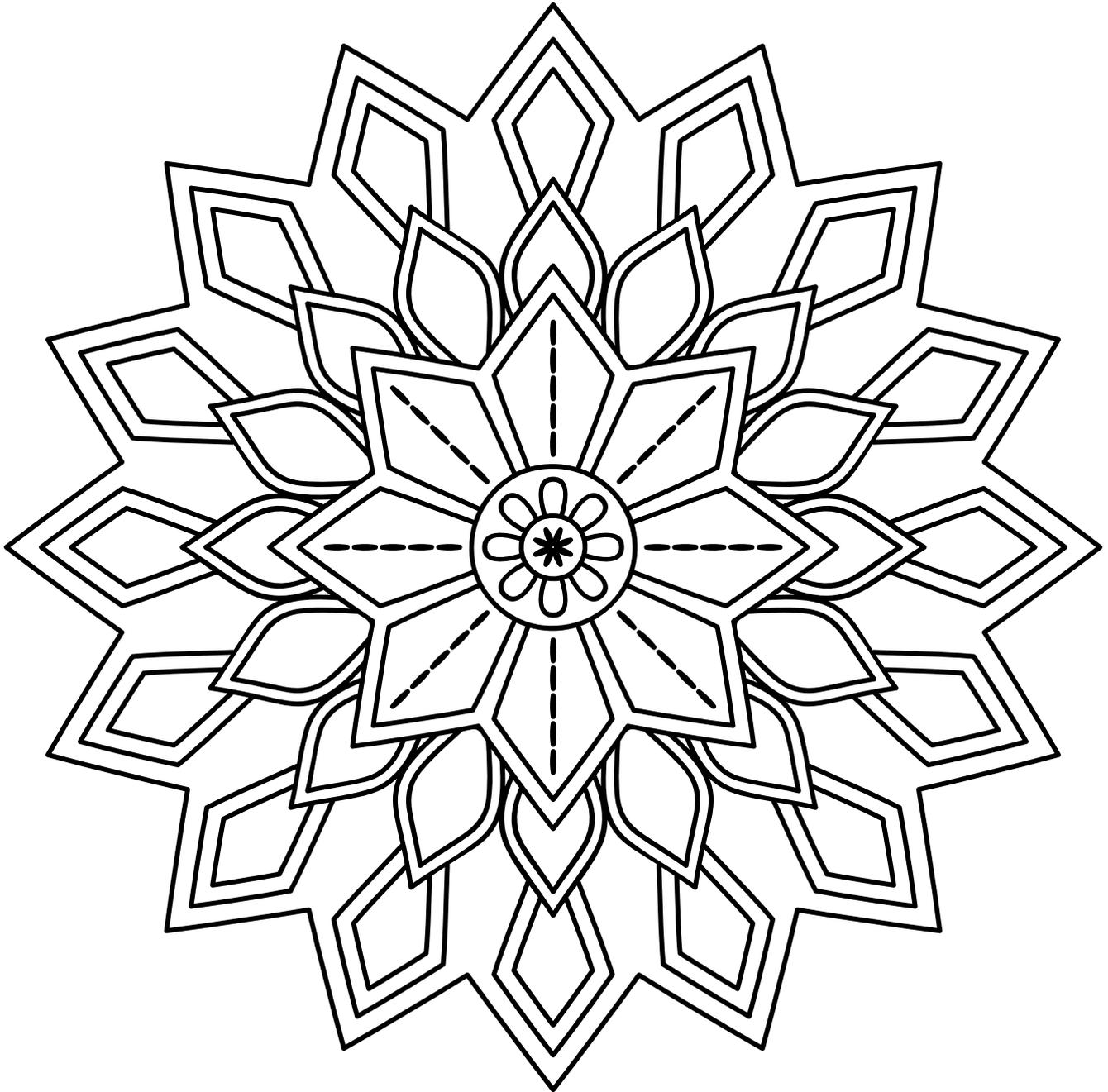## Good for your mental wellbeing

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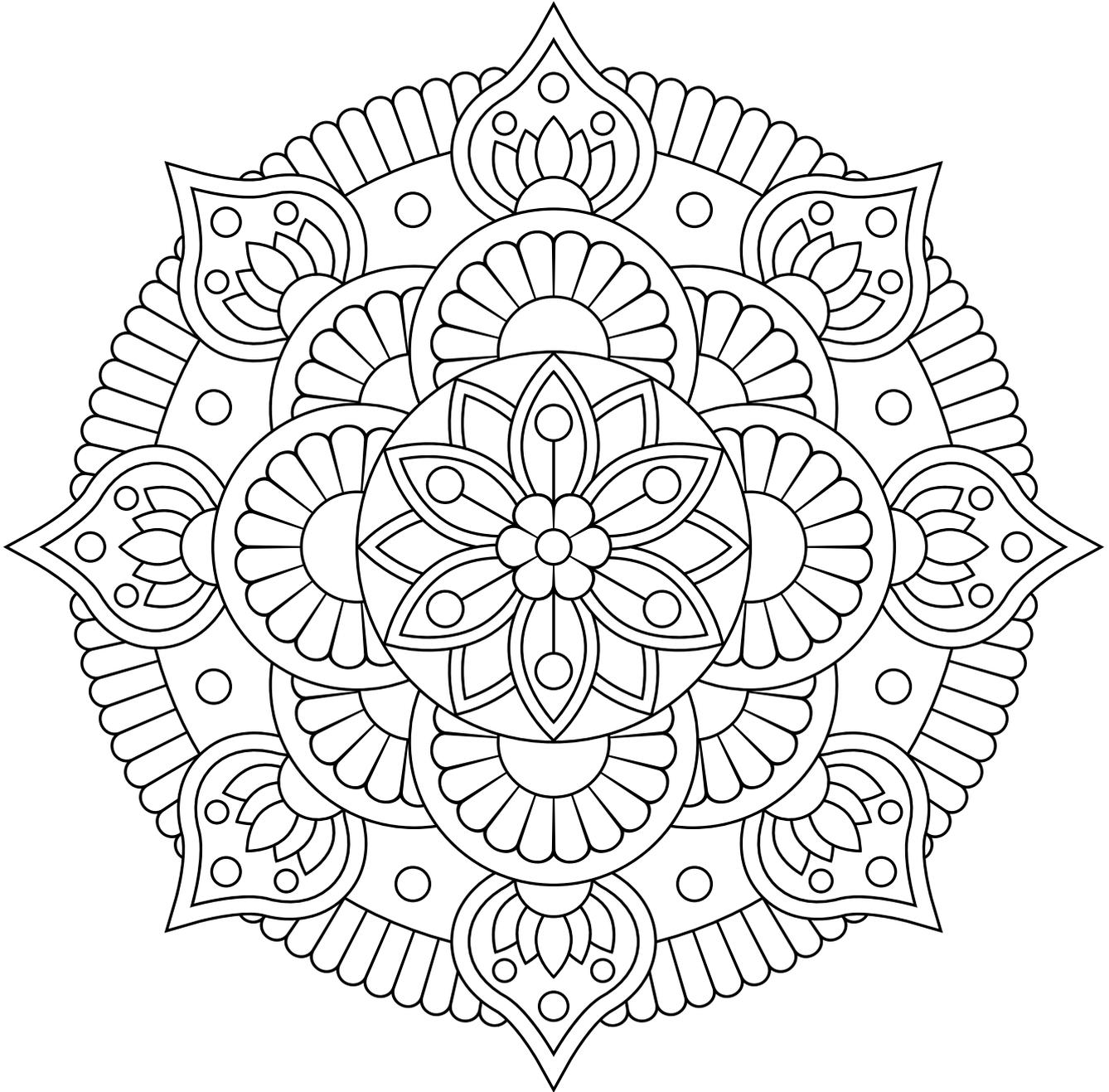

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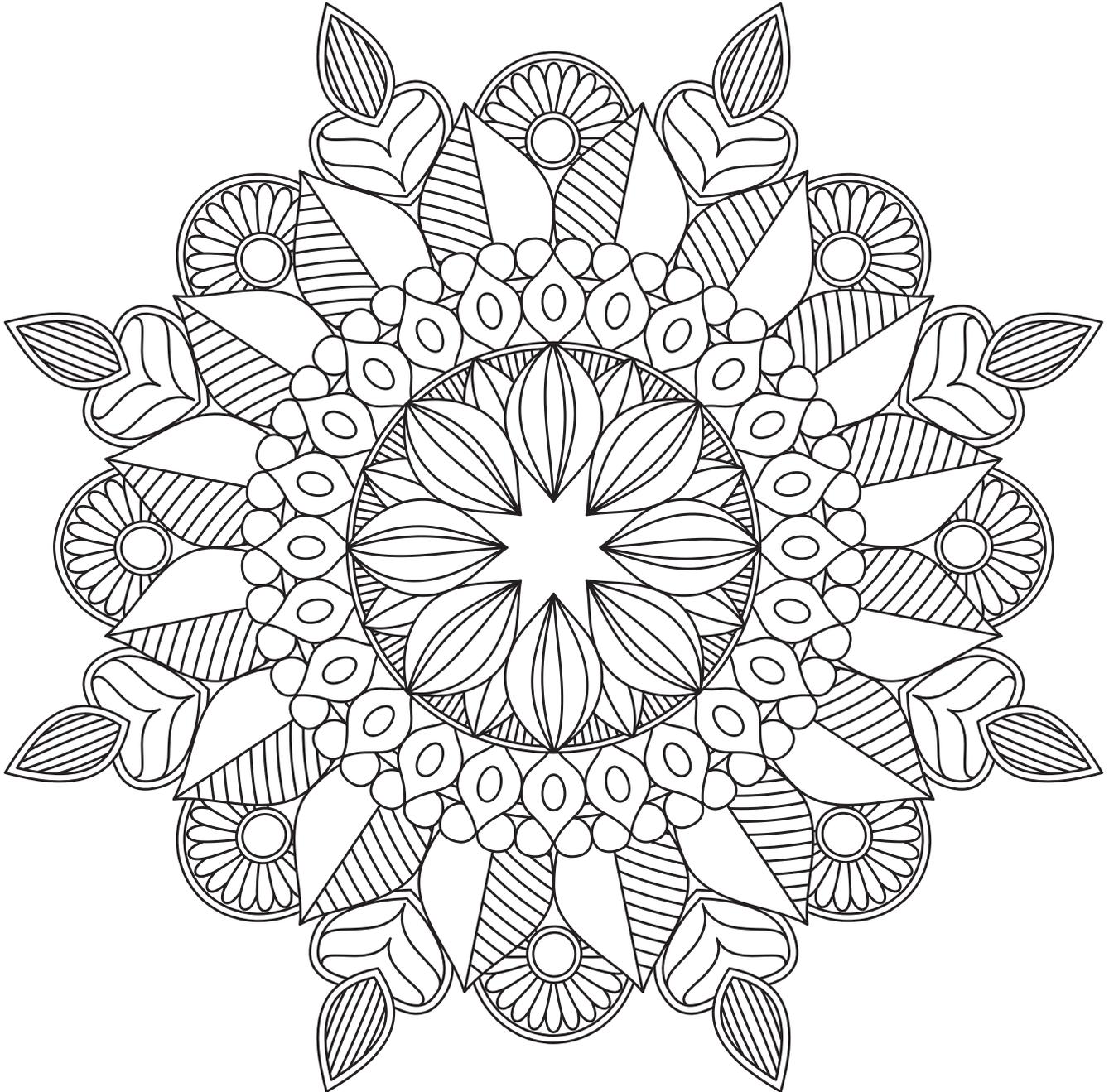

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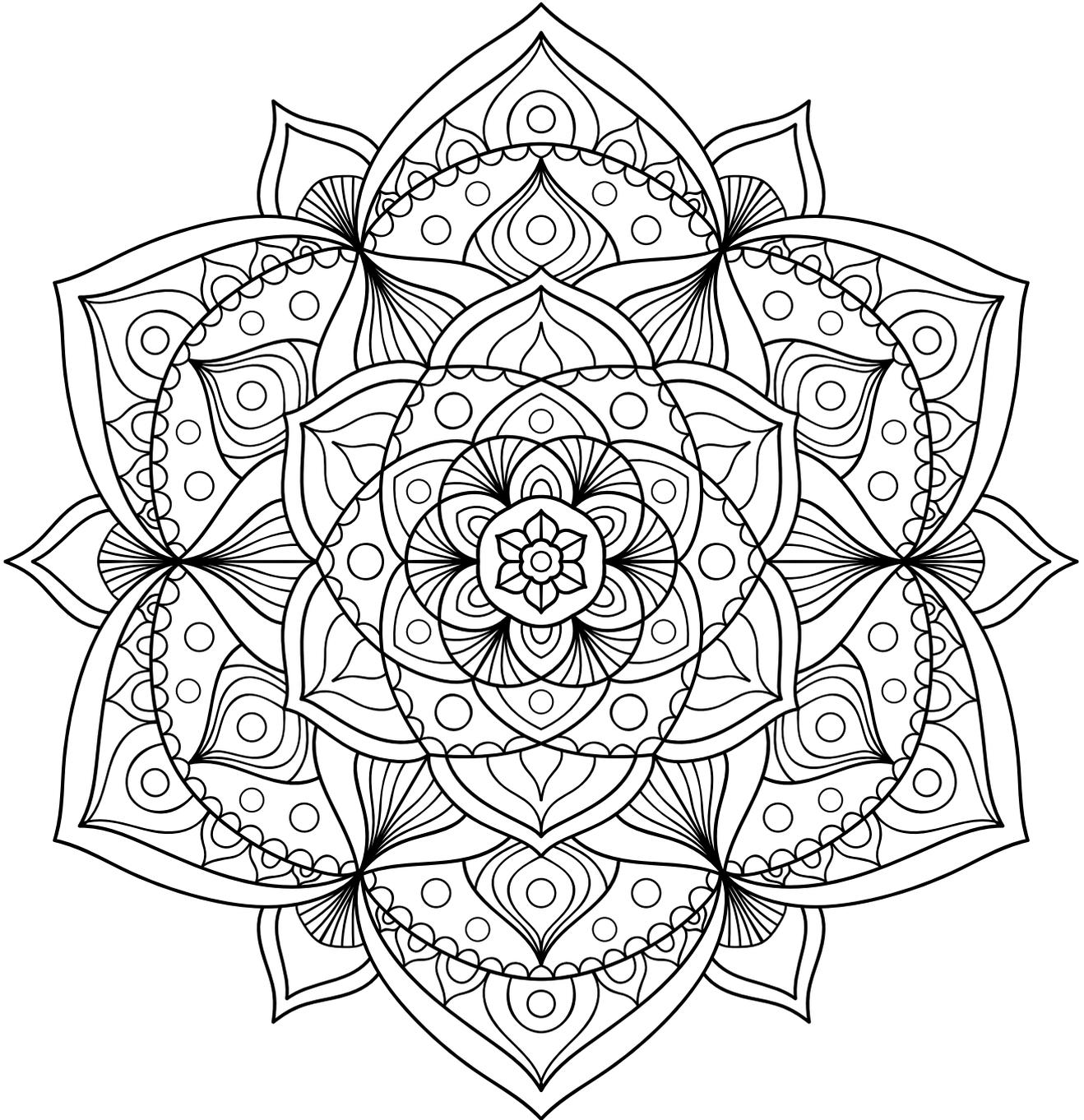**Good for your mental wellbeing**

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