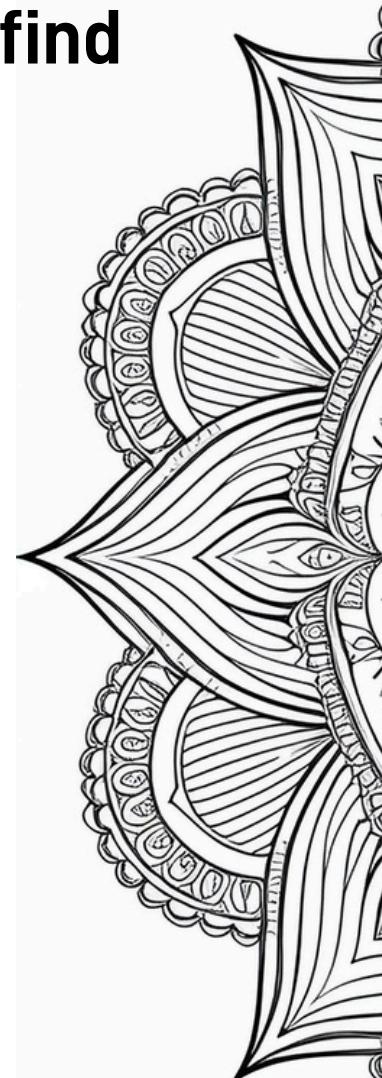
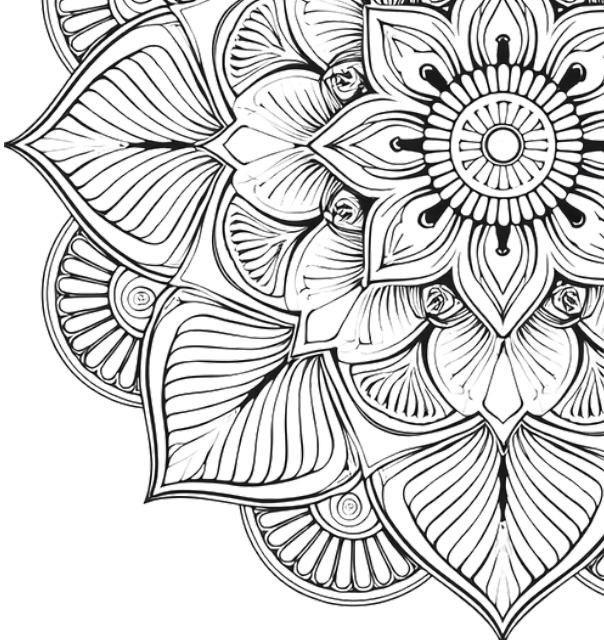


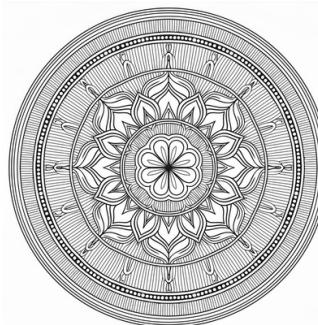
MAST CELL ACTION  
COLOURING BOOK  
WITH AFFIRMATIONS



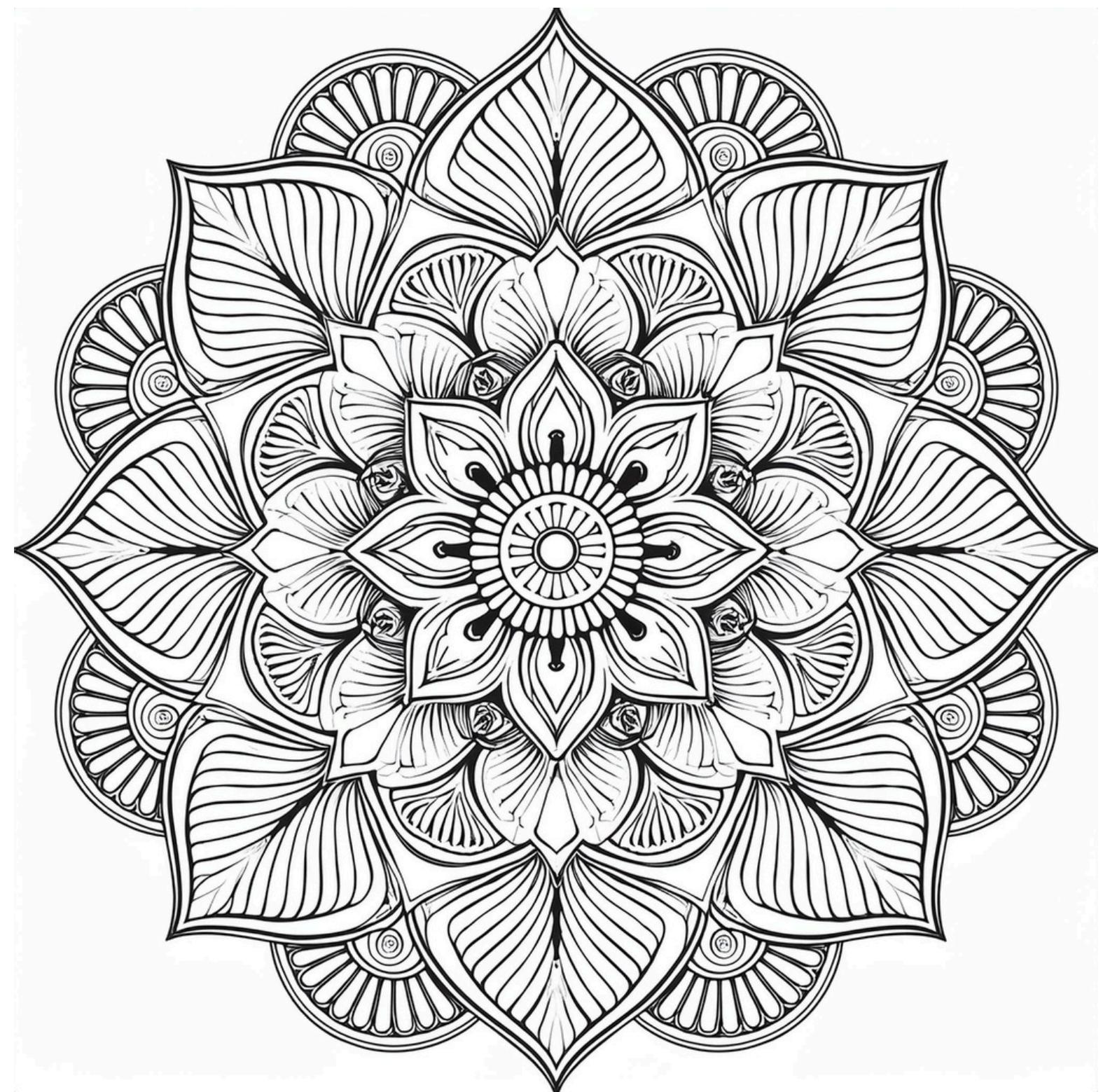
**"Strength grows  
here, one day at  
a time"**



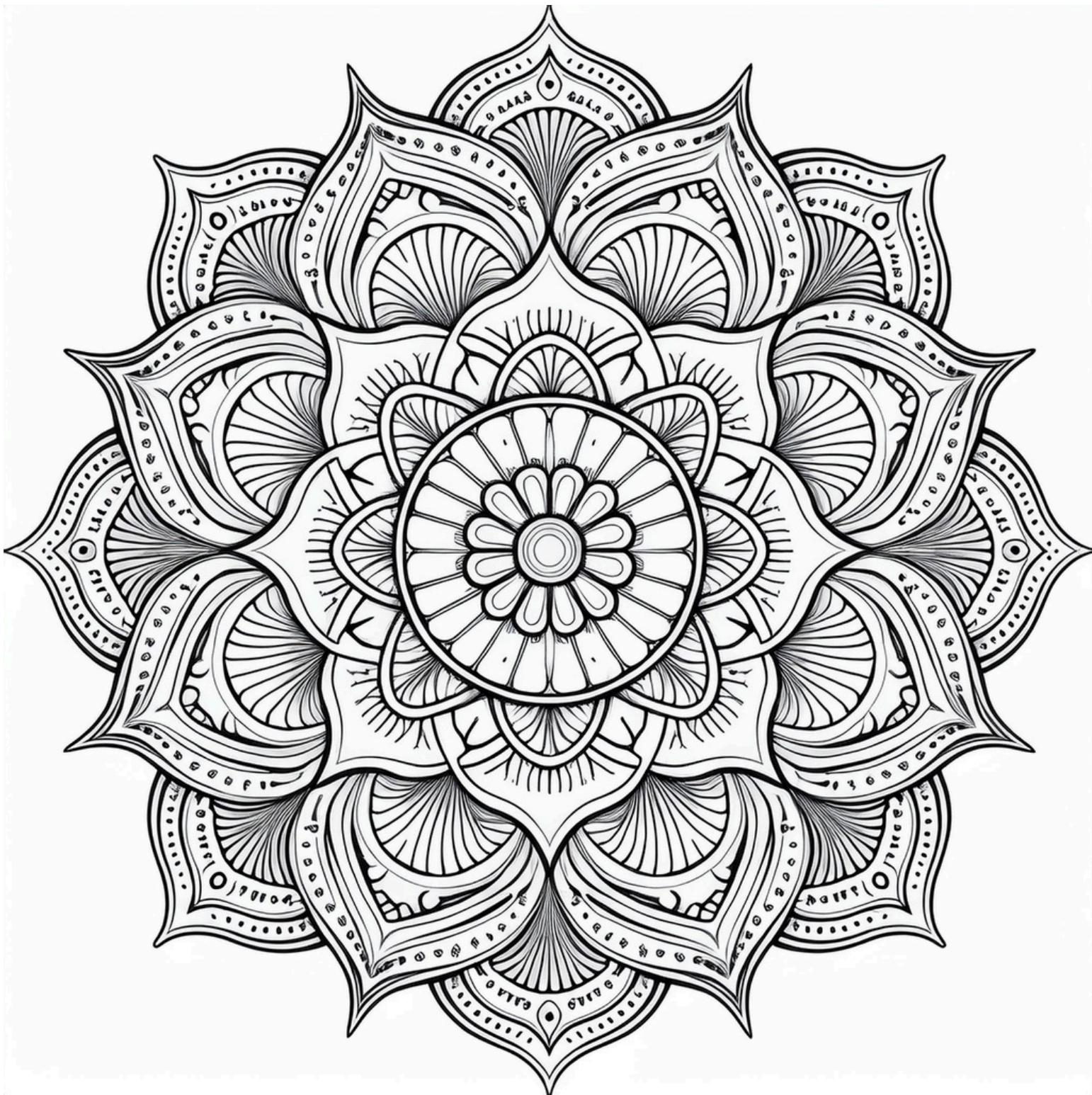
**As each colour fills the spaces in this book, may your heart find calm, your mind find focus, and your spirit find strength.**



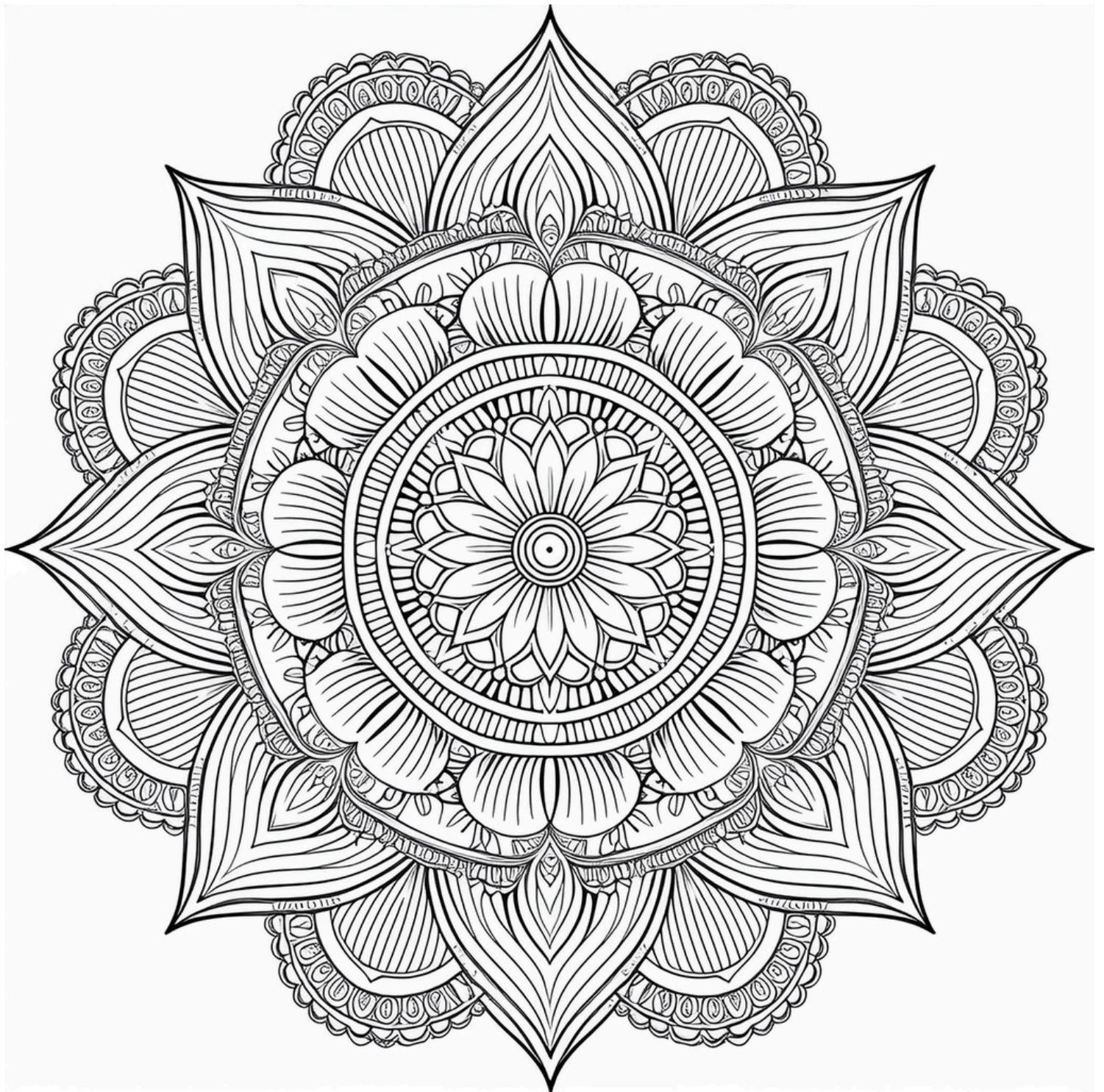
**You are your own masterpiece.**



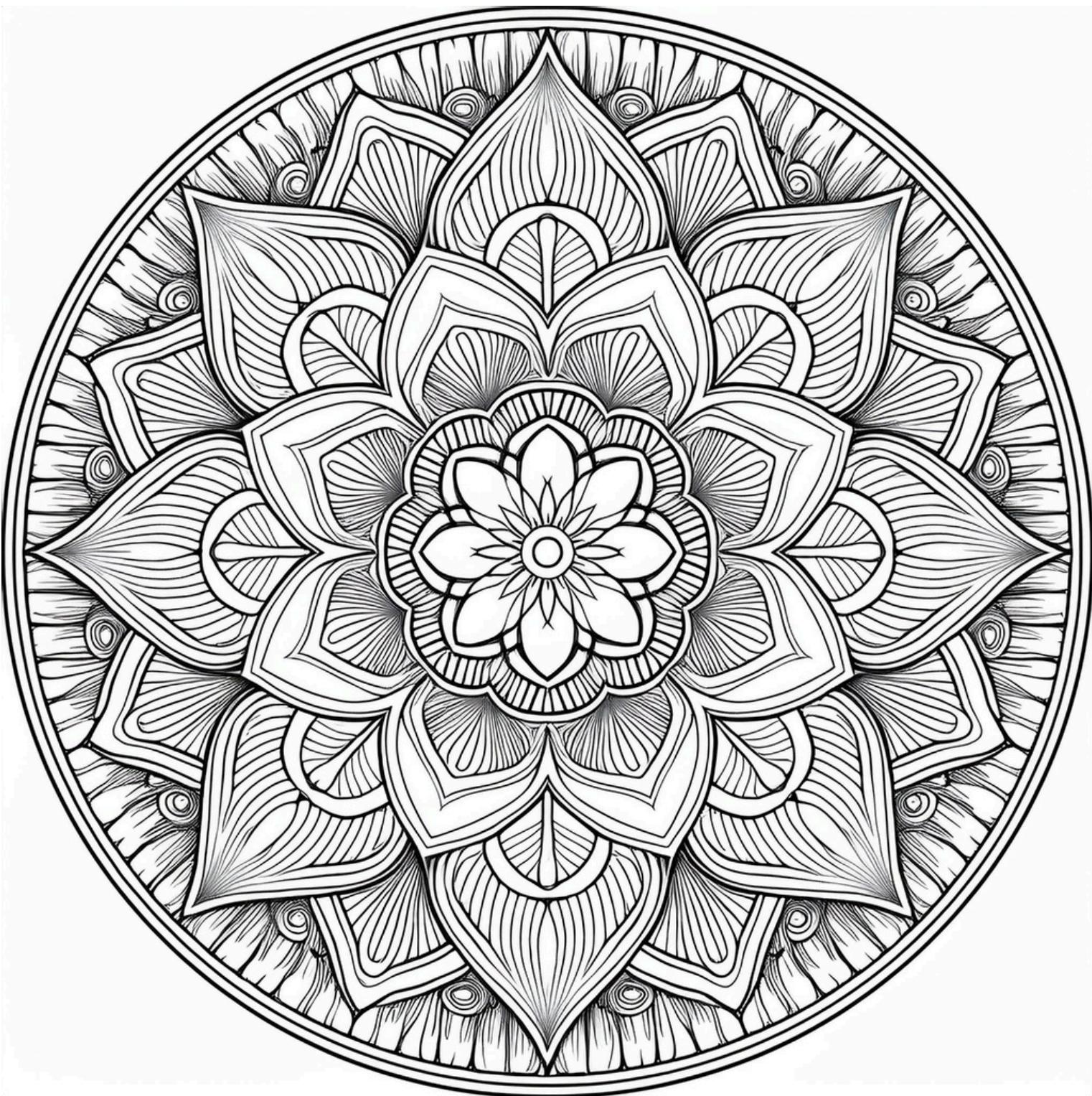
**“I am more than my diagnosis”**



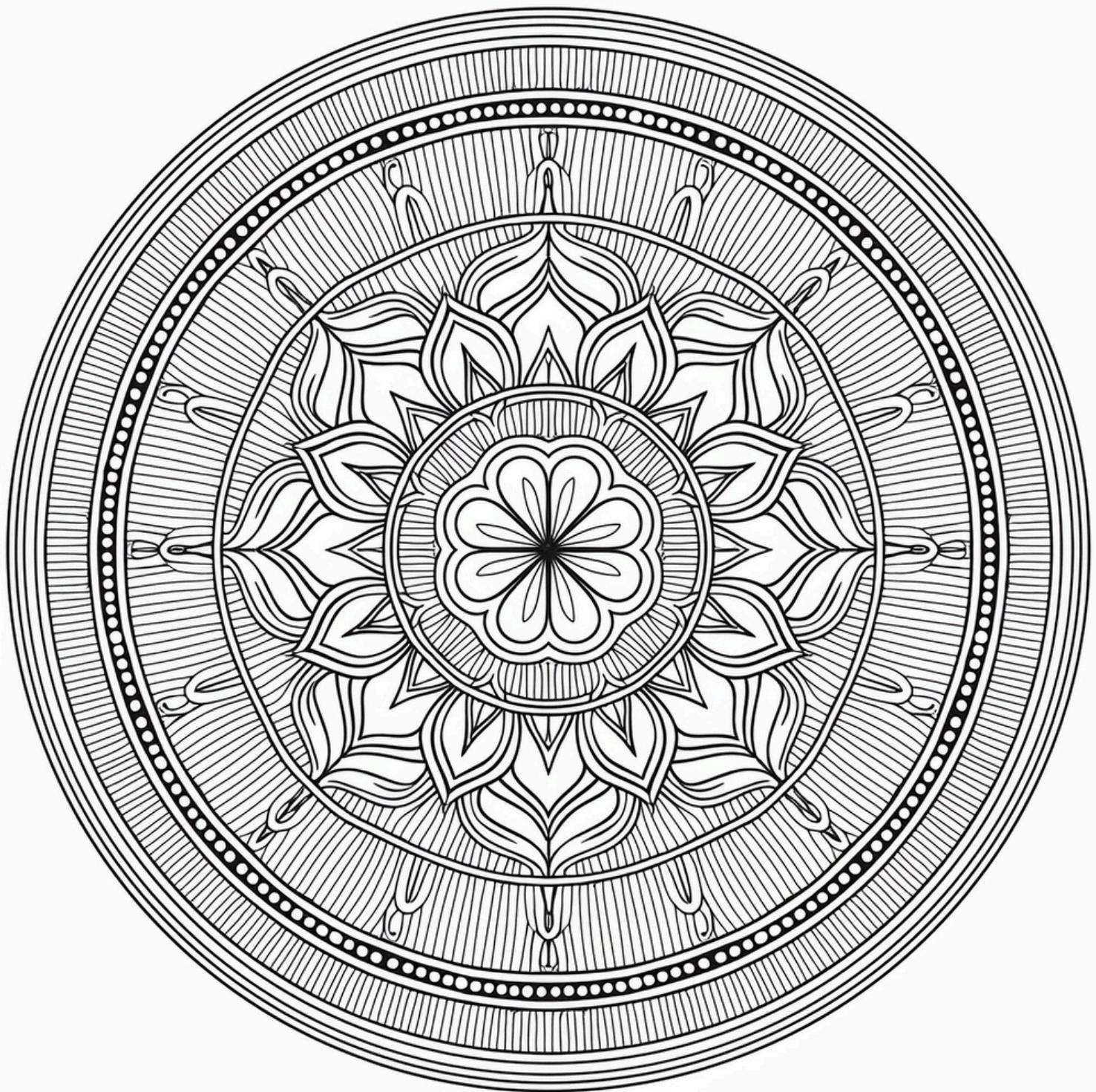
**“Every small step is progress”**



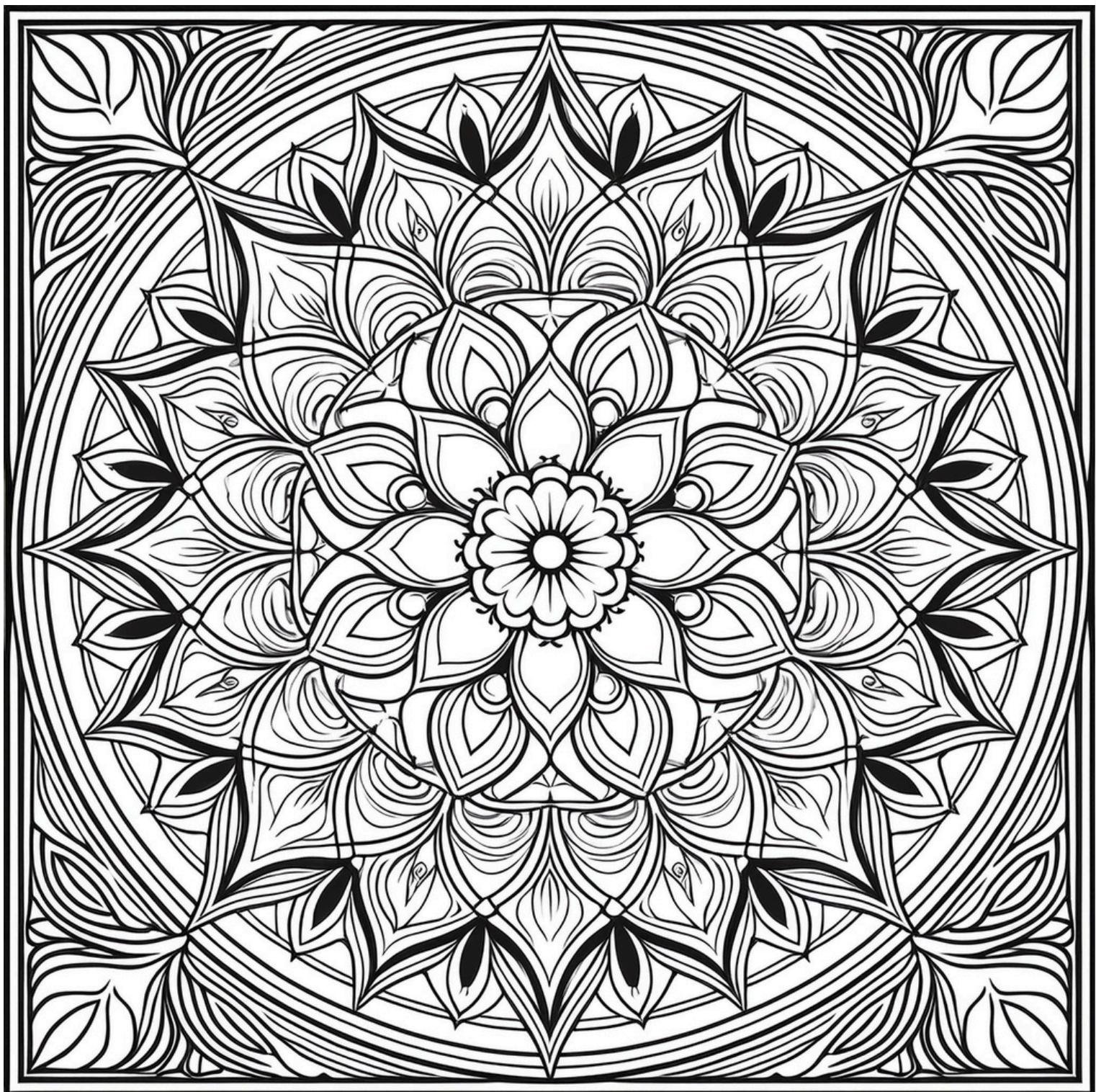
**“I am worthy of compassion and care”**



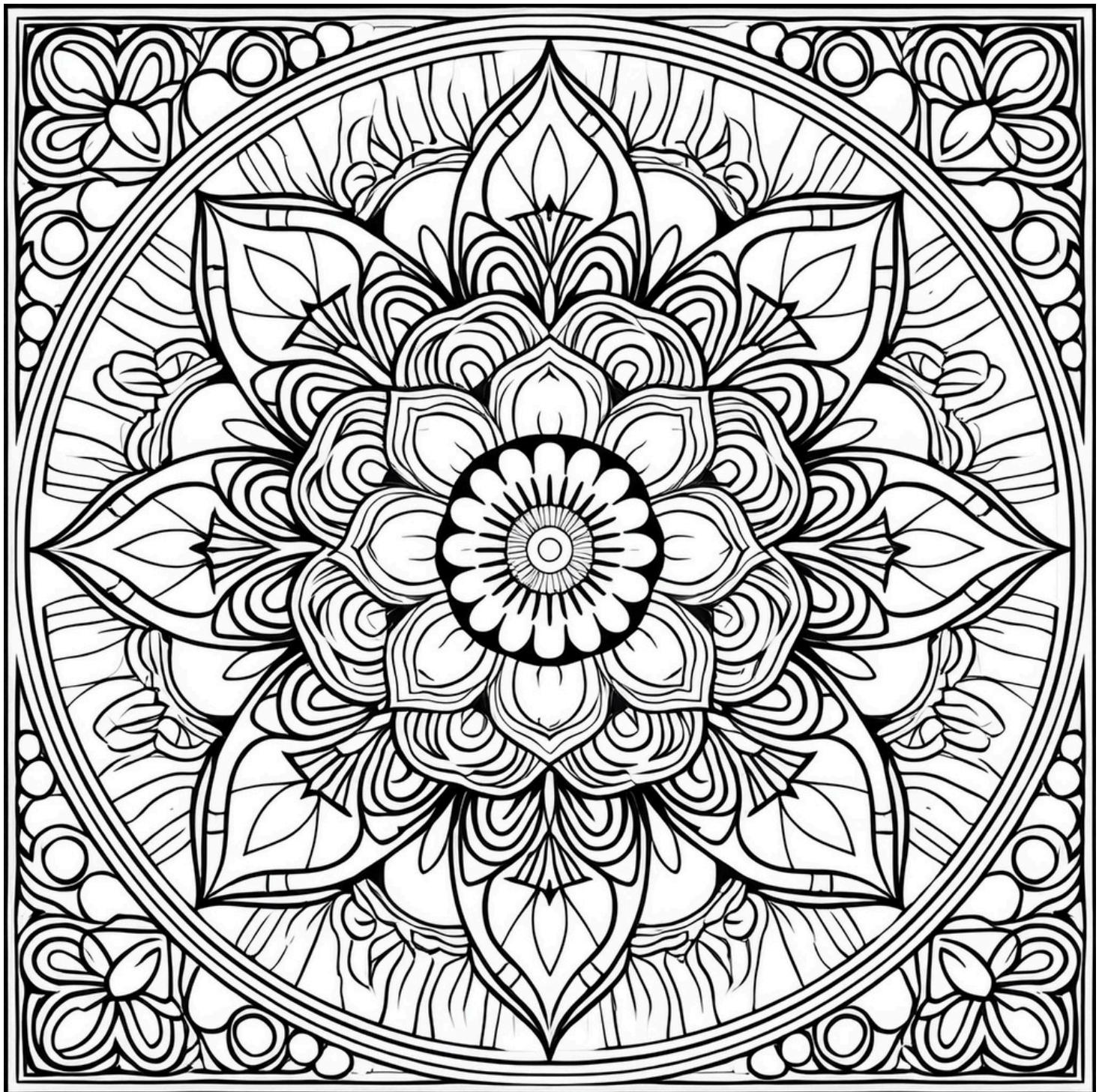
**“I listen to my body and honour its  
needs”**



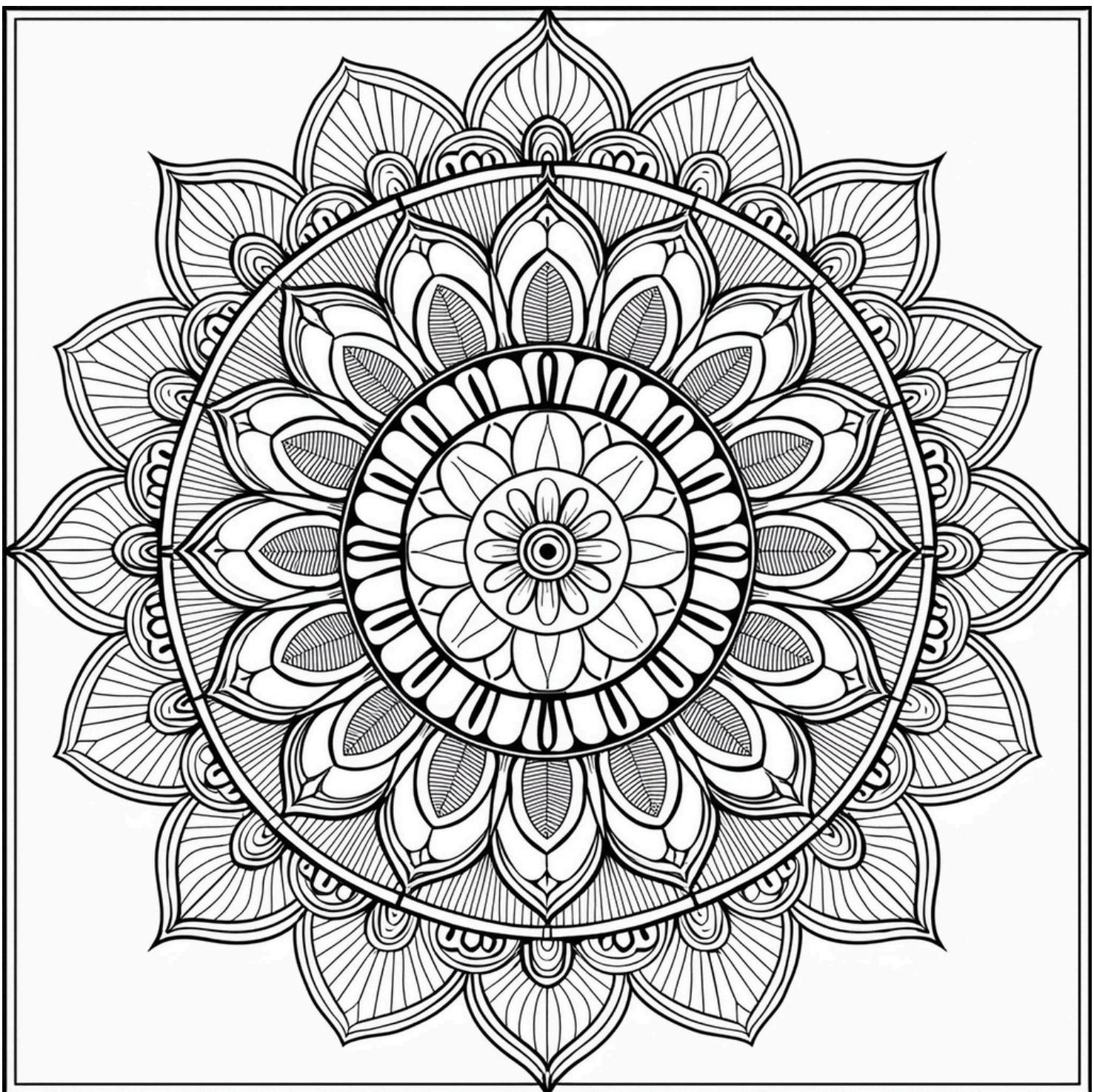
**“Resting is a form of strength”**



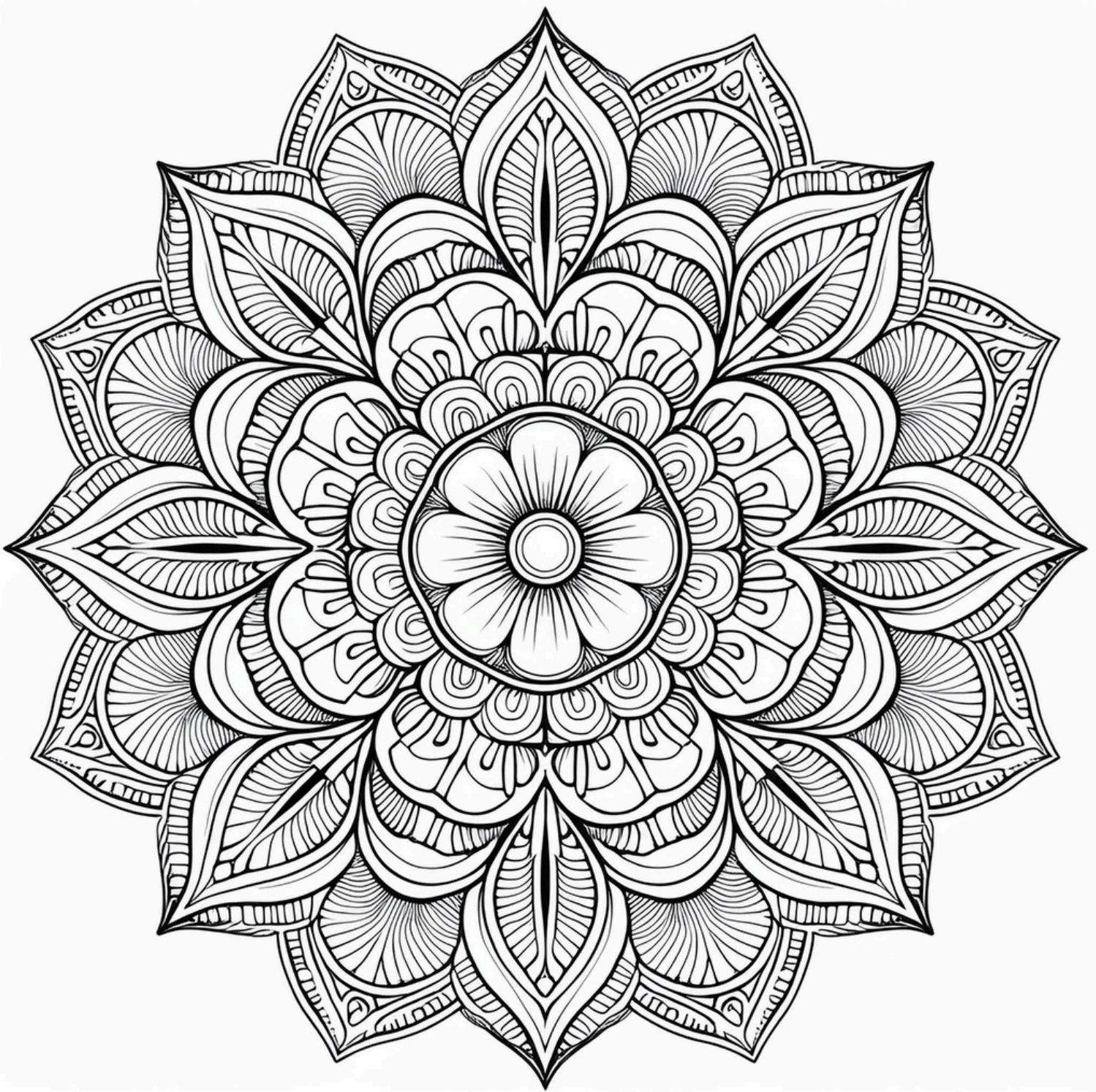
**“I am not alone in this journey”**



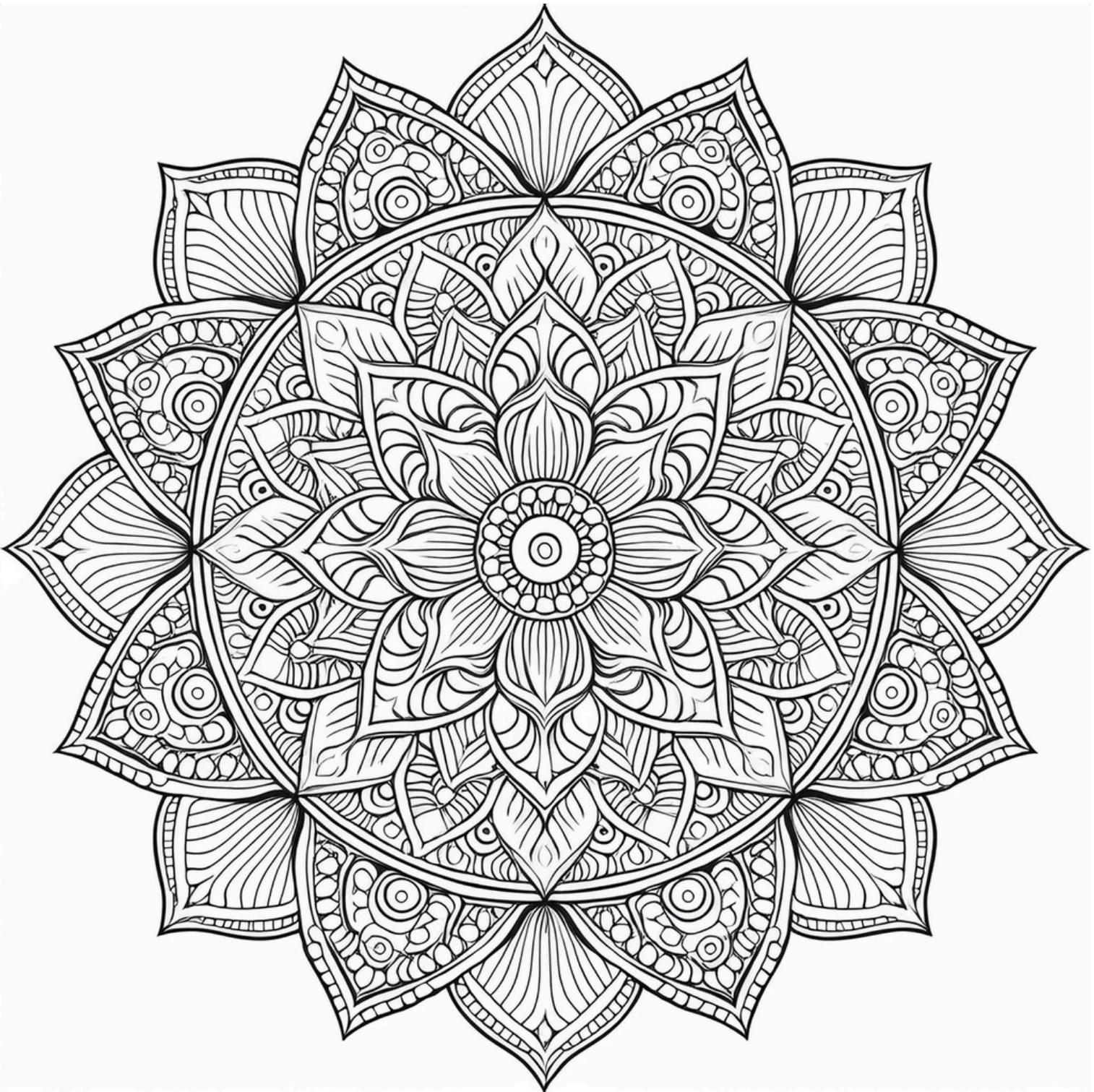
**“Challenges help me grow stronger”**



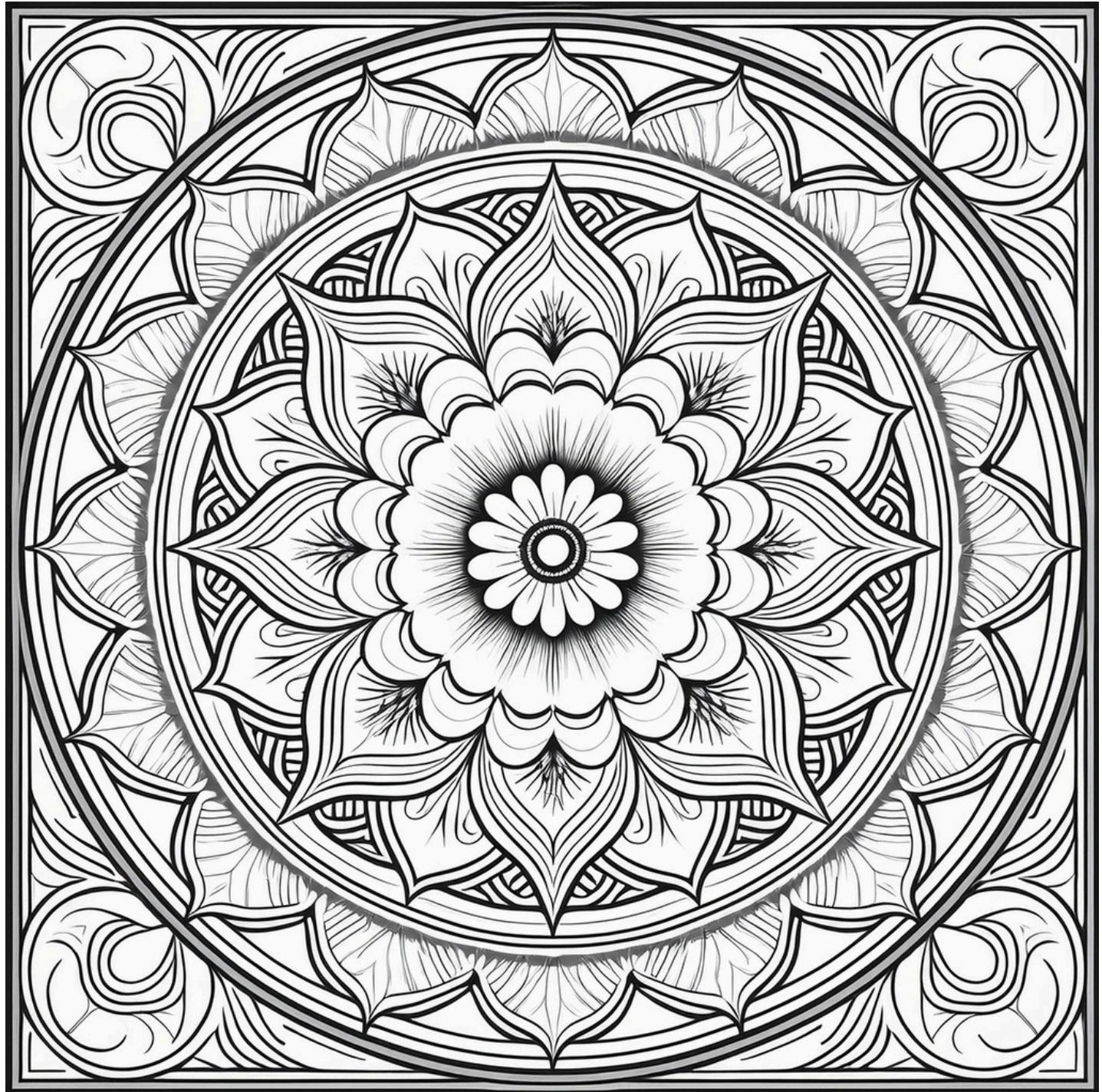
**“I embrace what I can do today”**



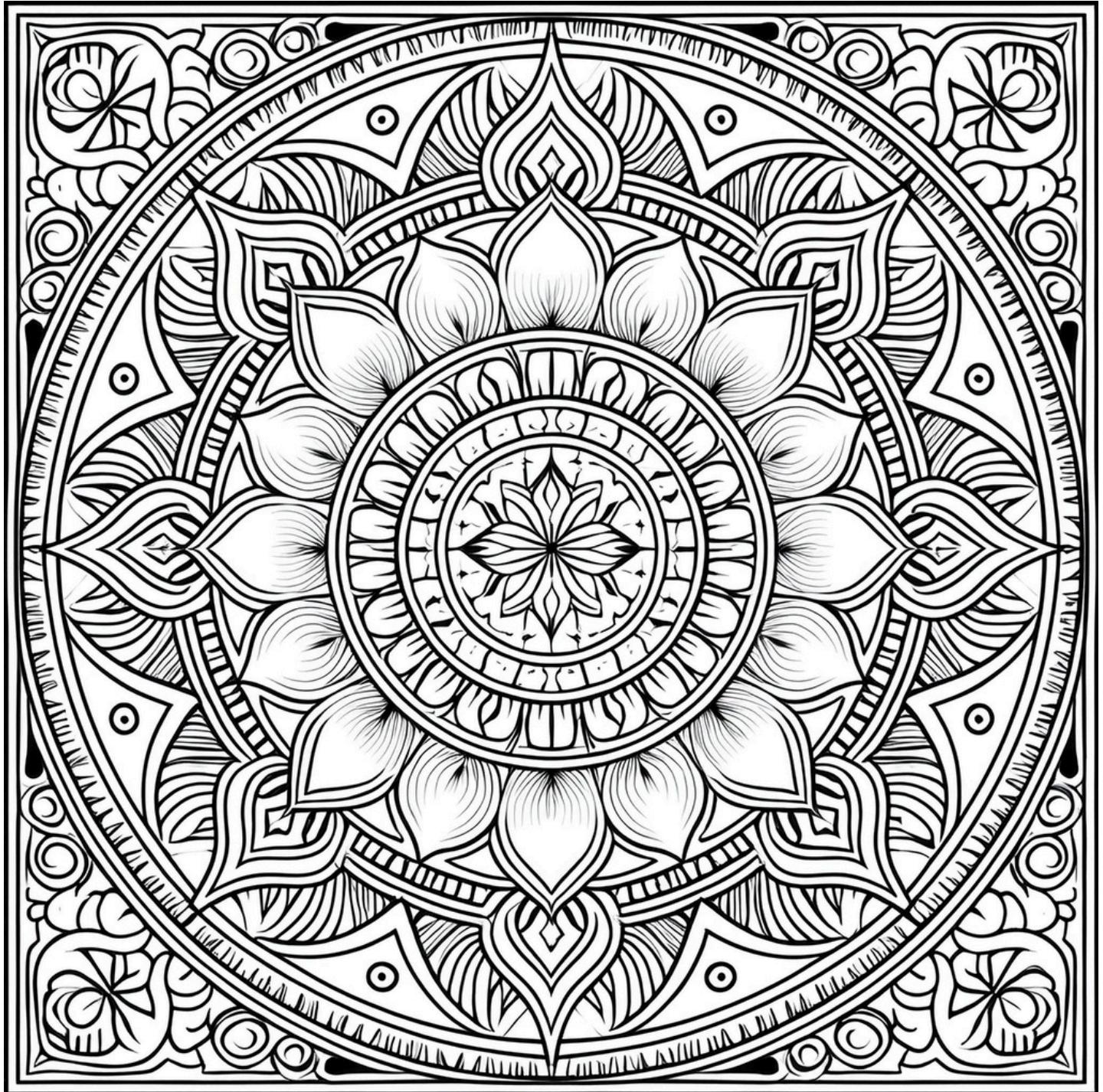
**“I deserve to feel safe and supported”**



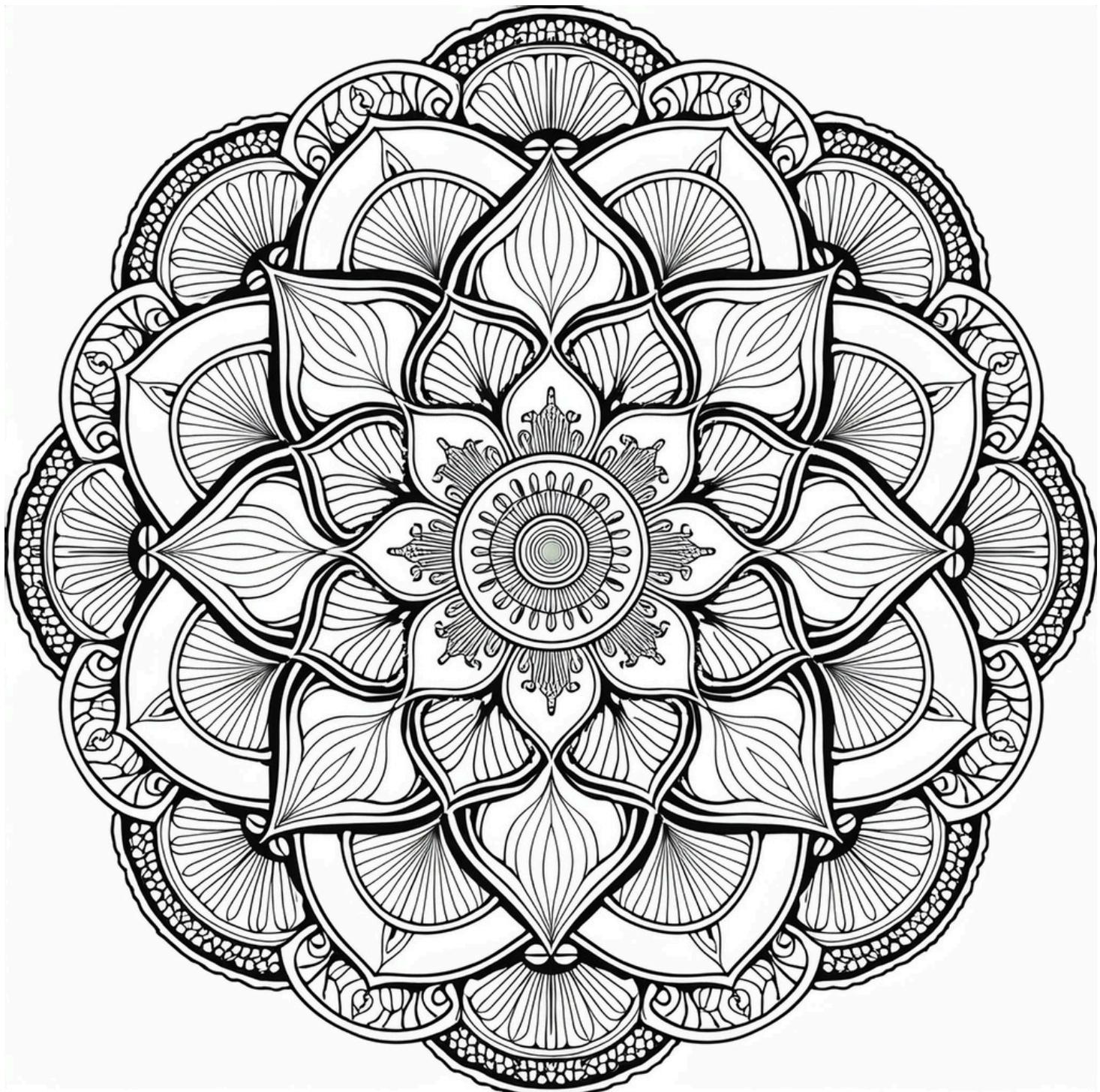
**“Each breath I take grounds me”**



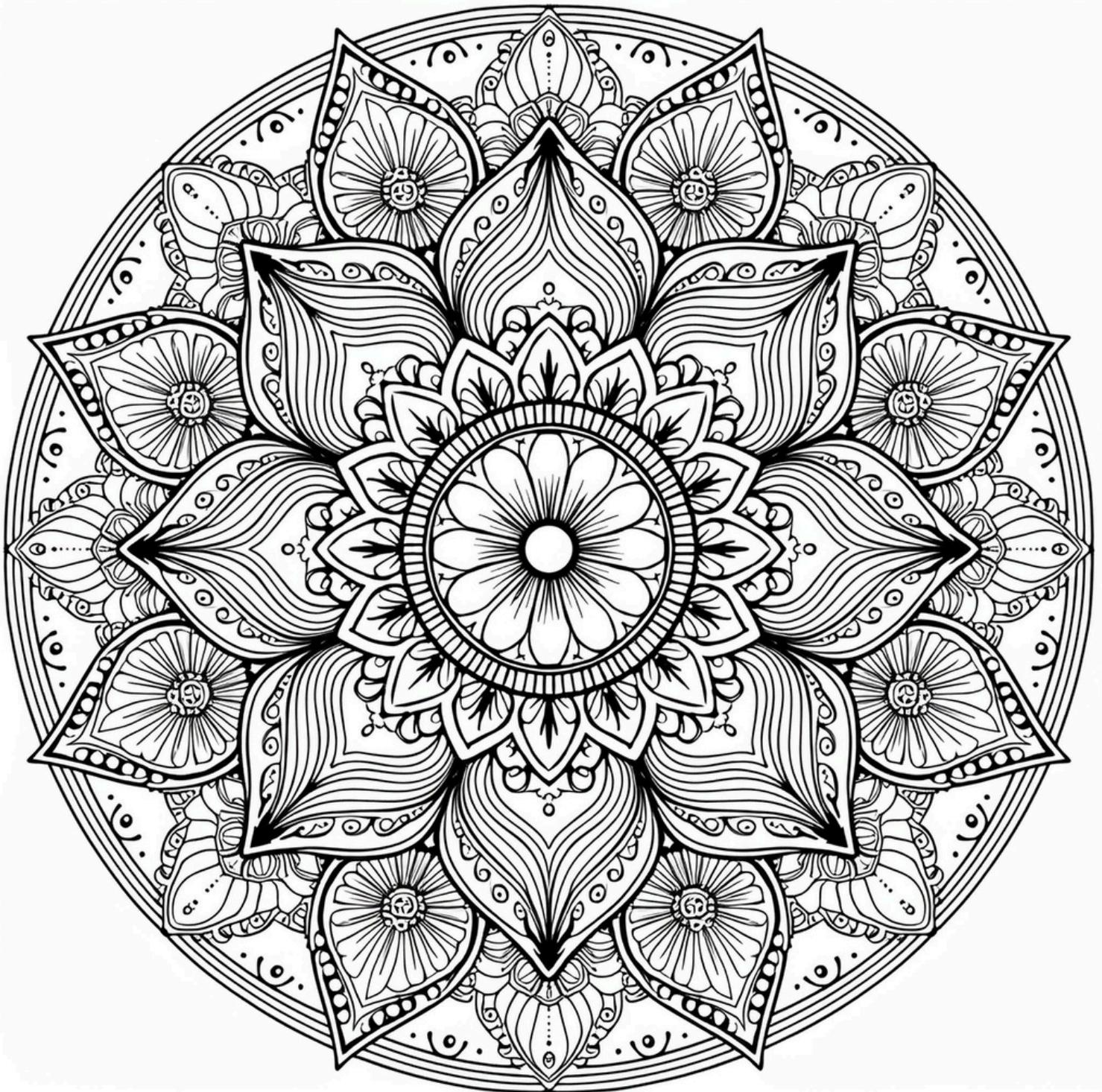
**“I am an expert on my own body”**



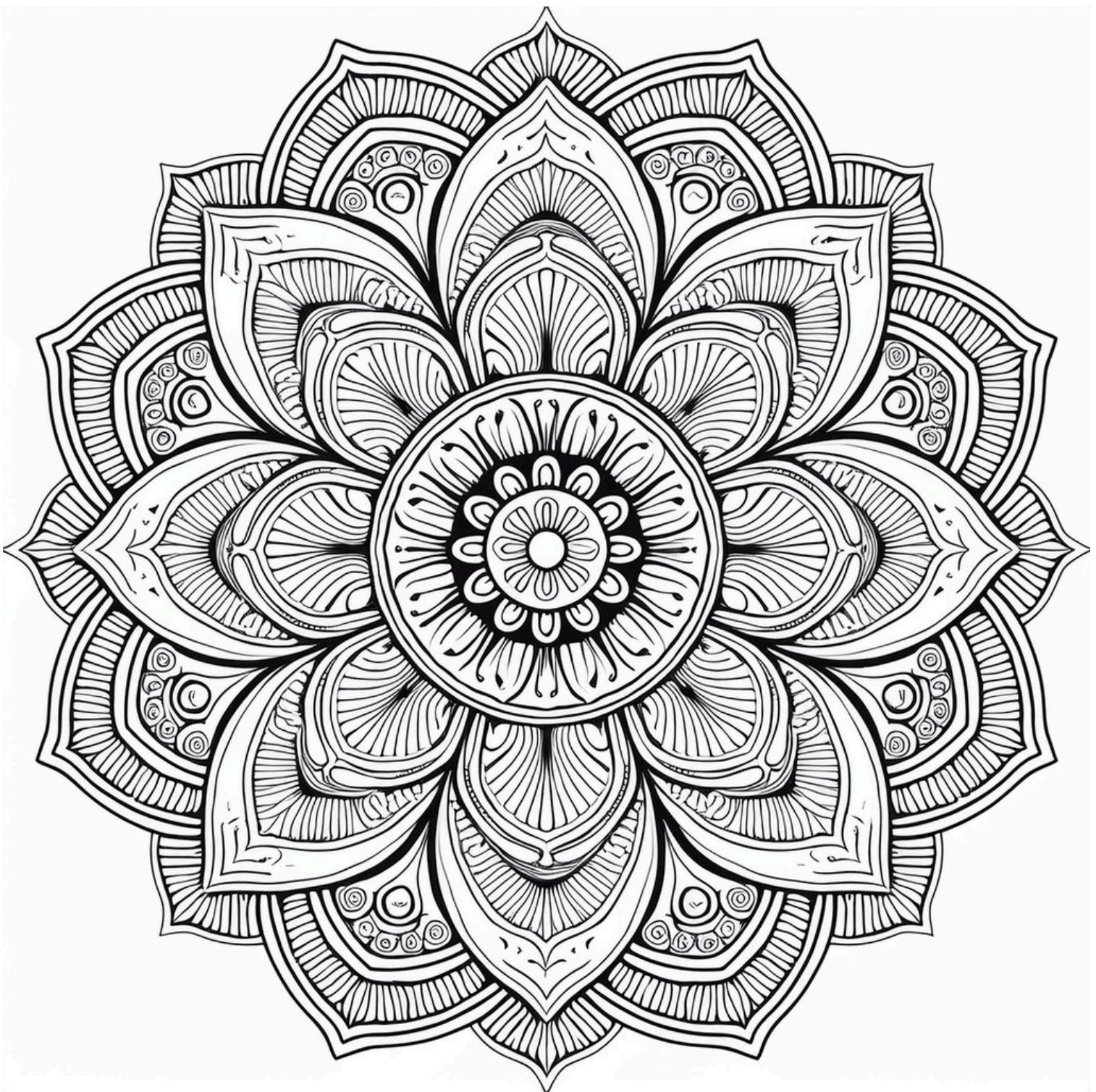
**“My needs are valid and important”**



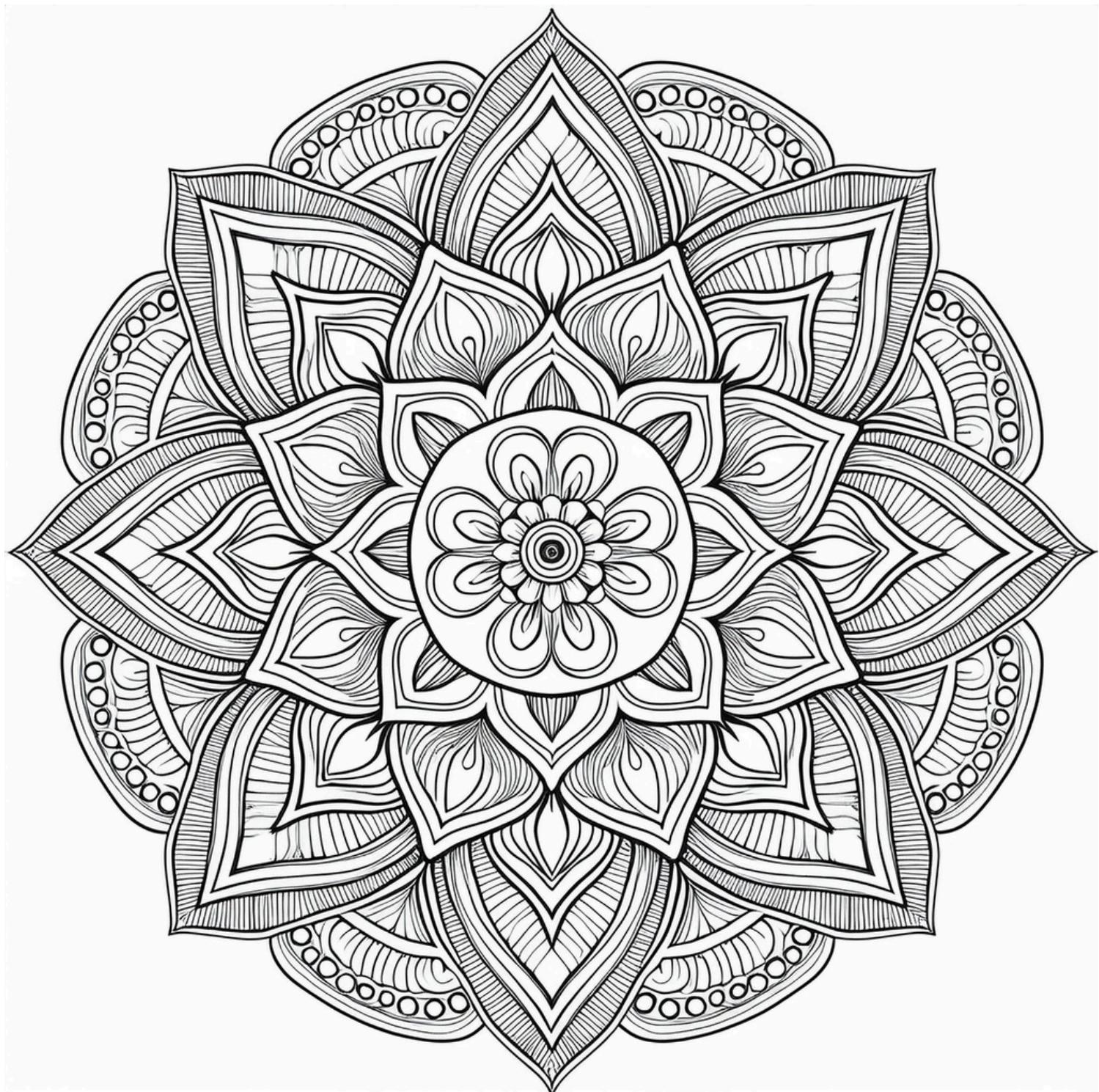
**“I am resilient, even on tough days”**



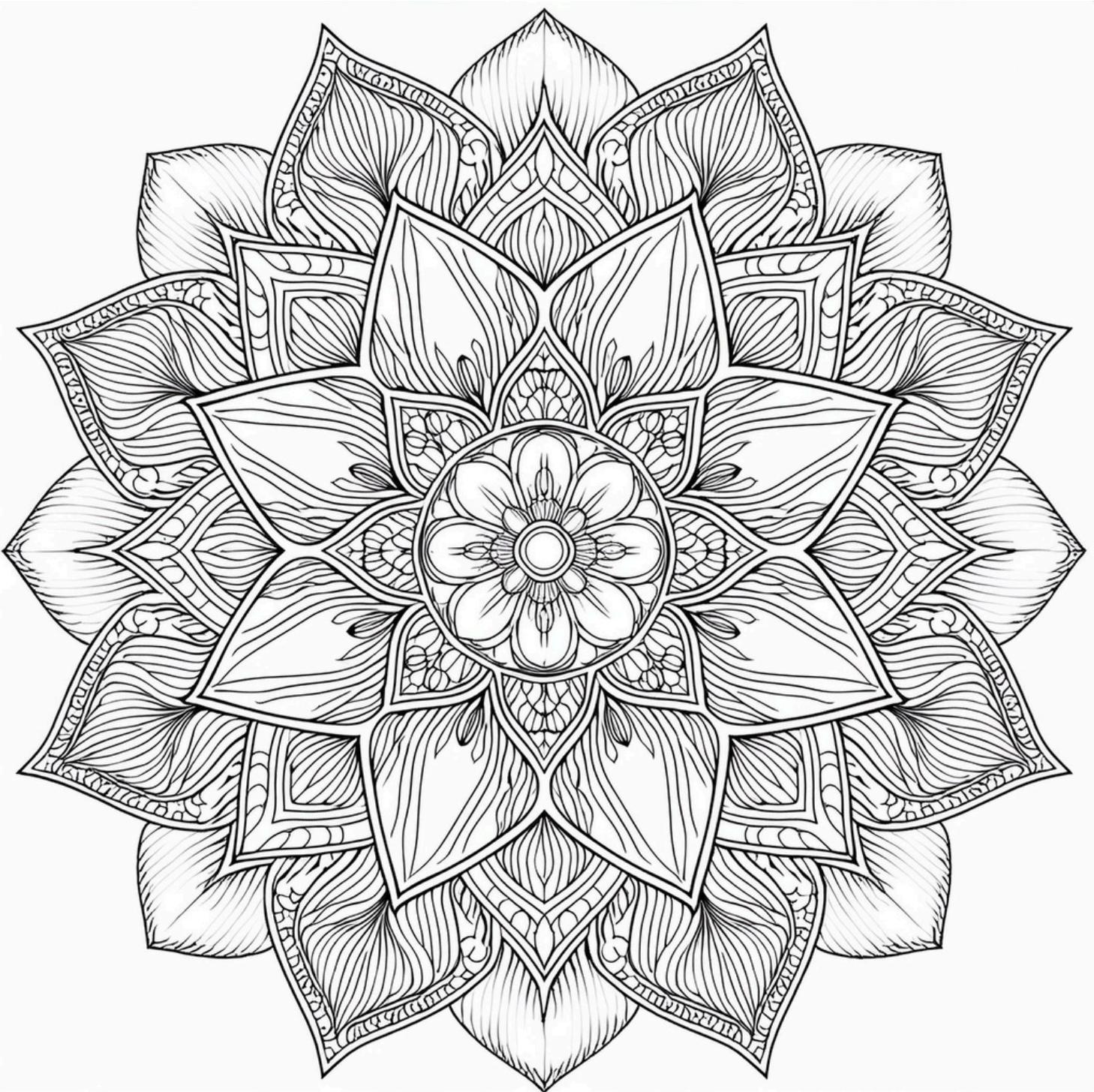
**“I celebrate my progress, no matter  
how small”**



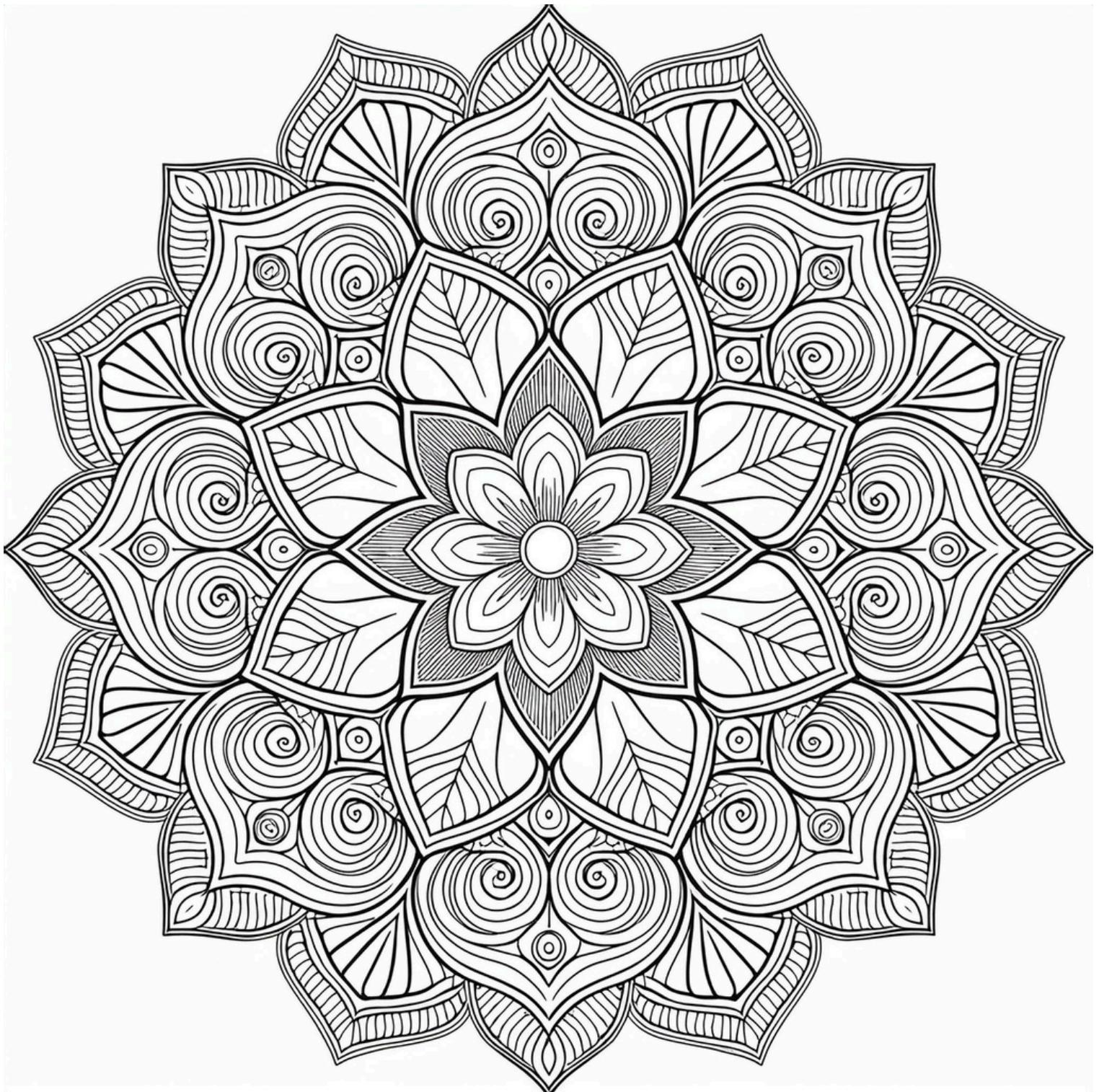
**“I am learning to thrive with what I have”**



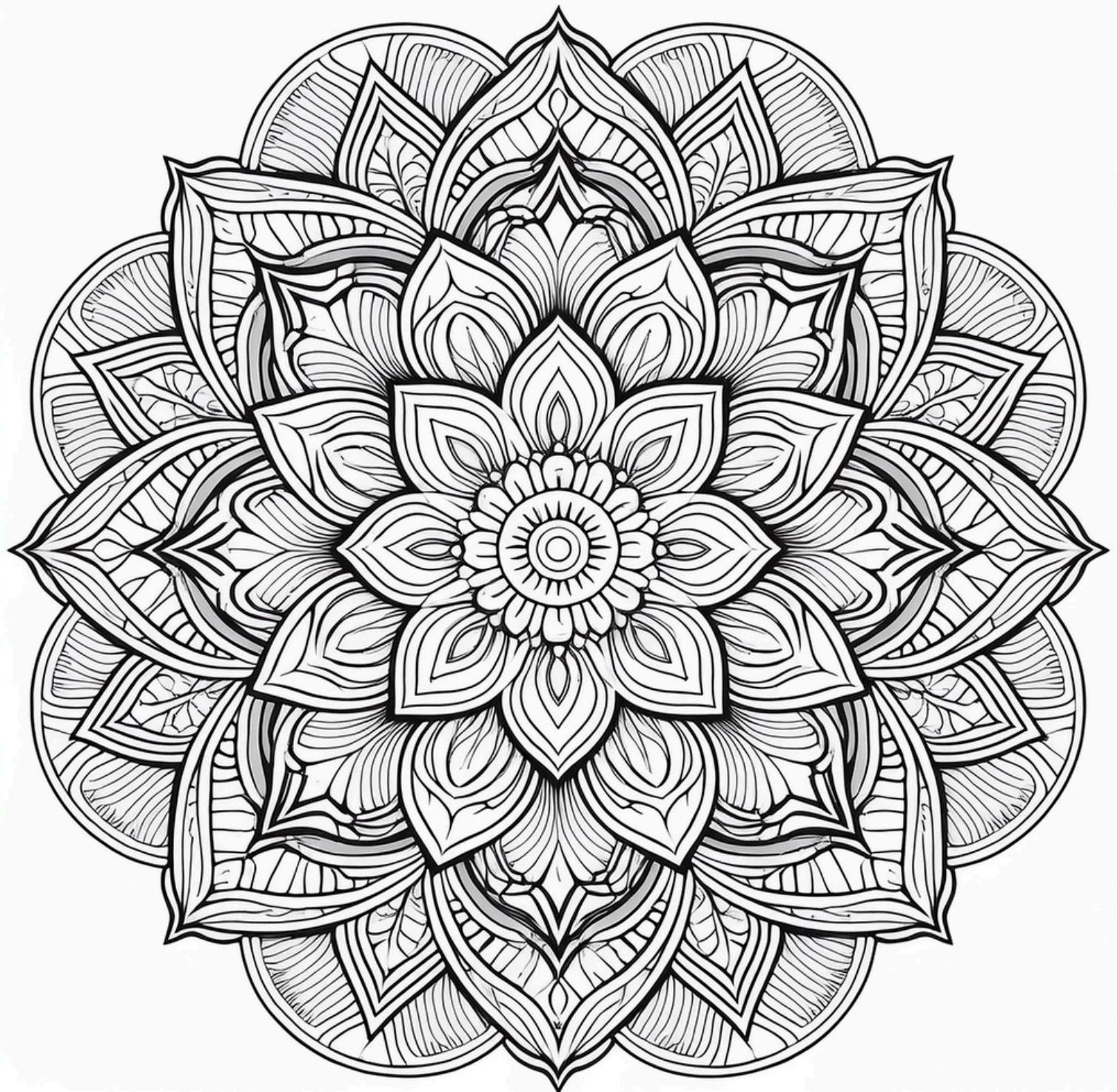
**“My journey is uniquely mine, and that's  
okay”**



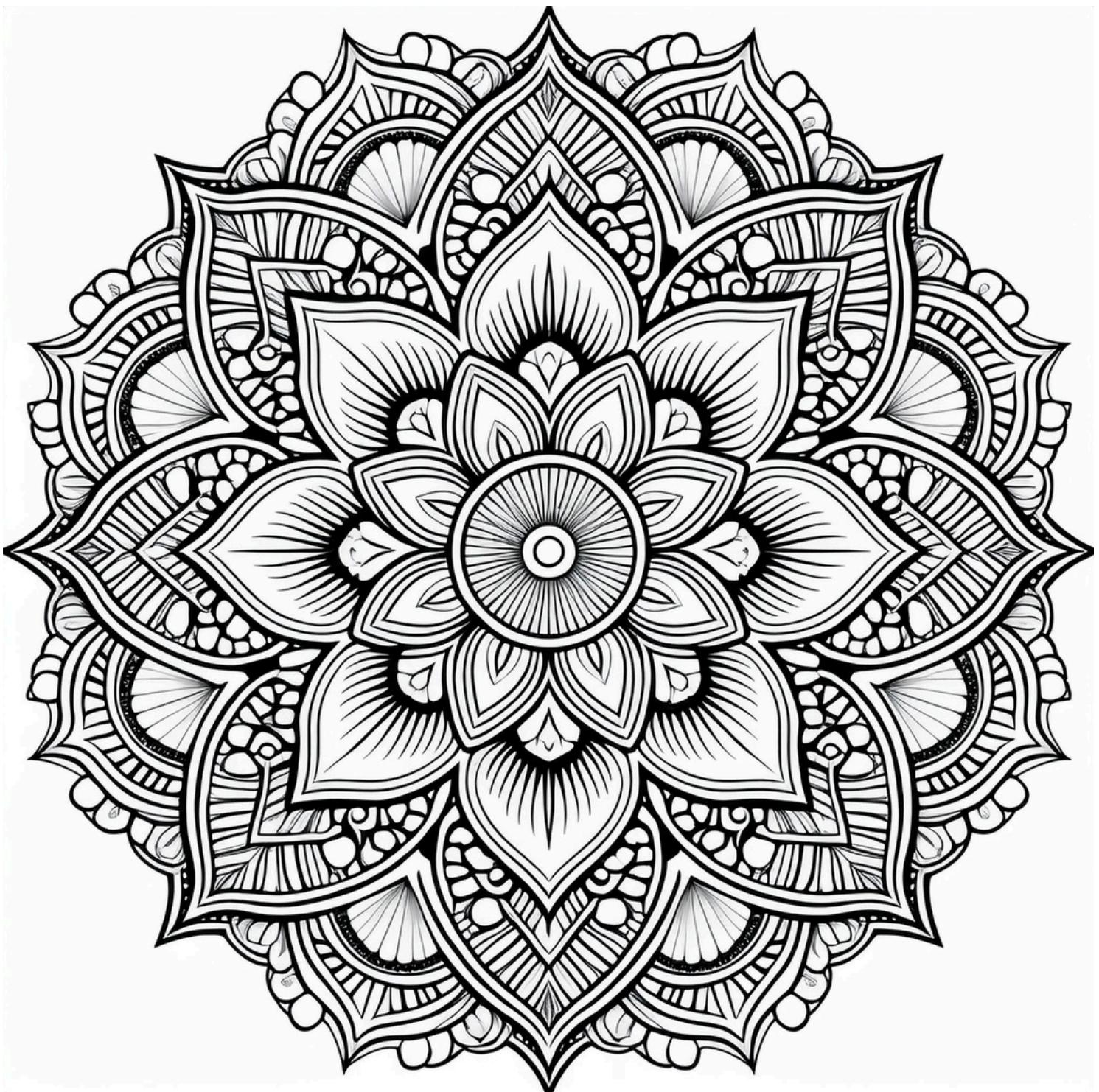
**“I am a warrior, navigating life  
with courage”**



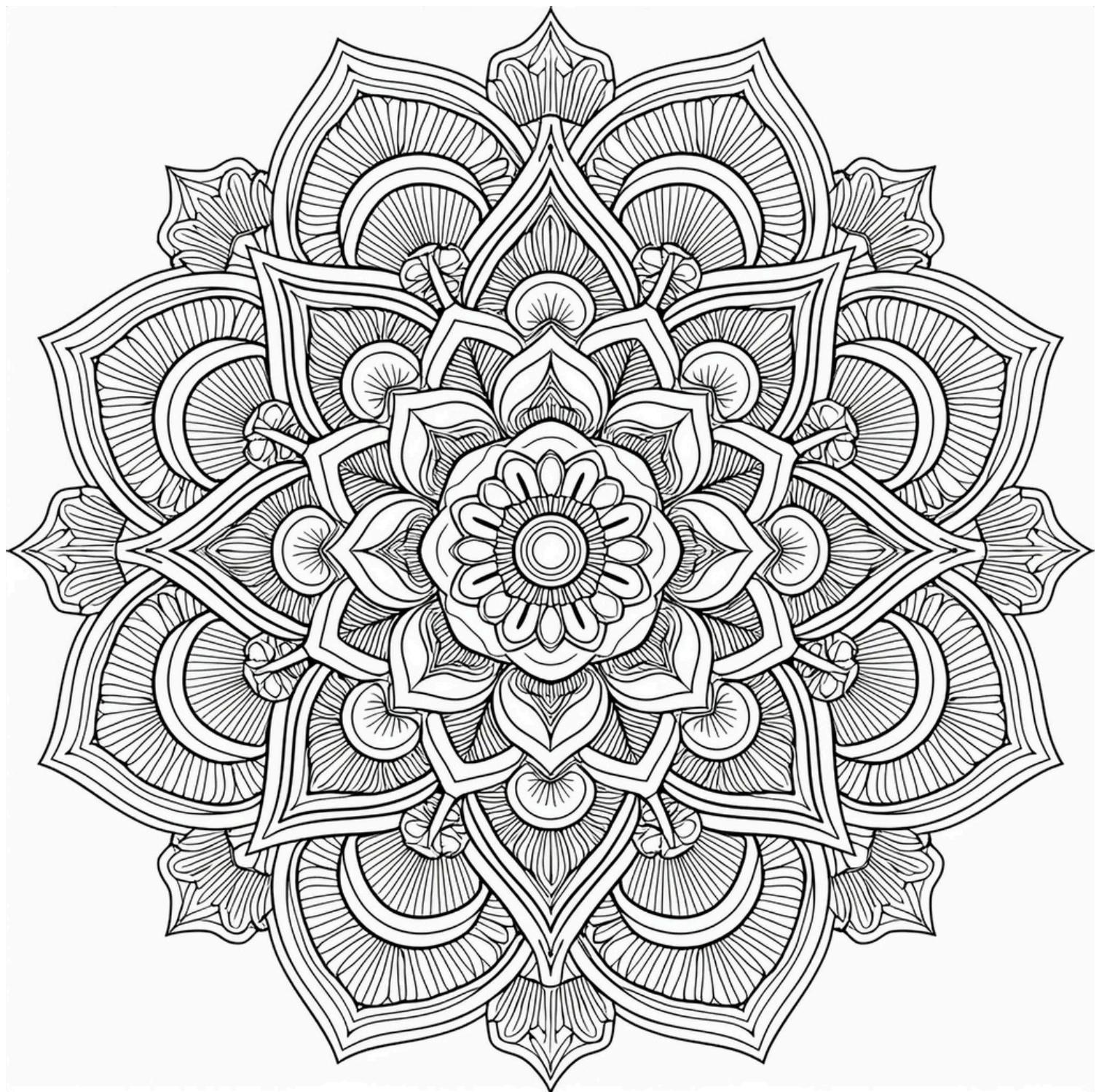
**“I choose to focus on what I can control”**



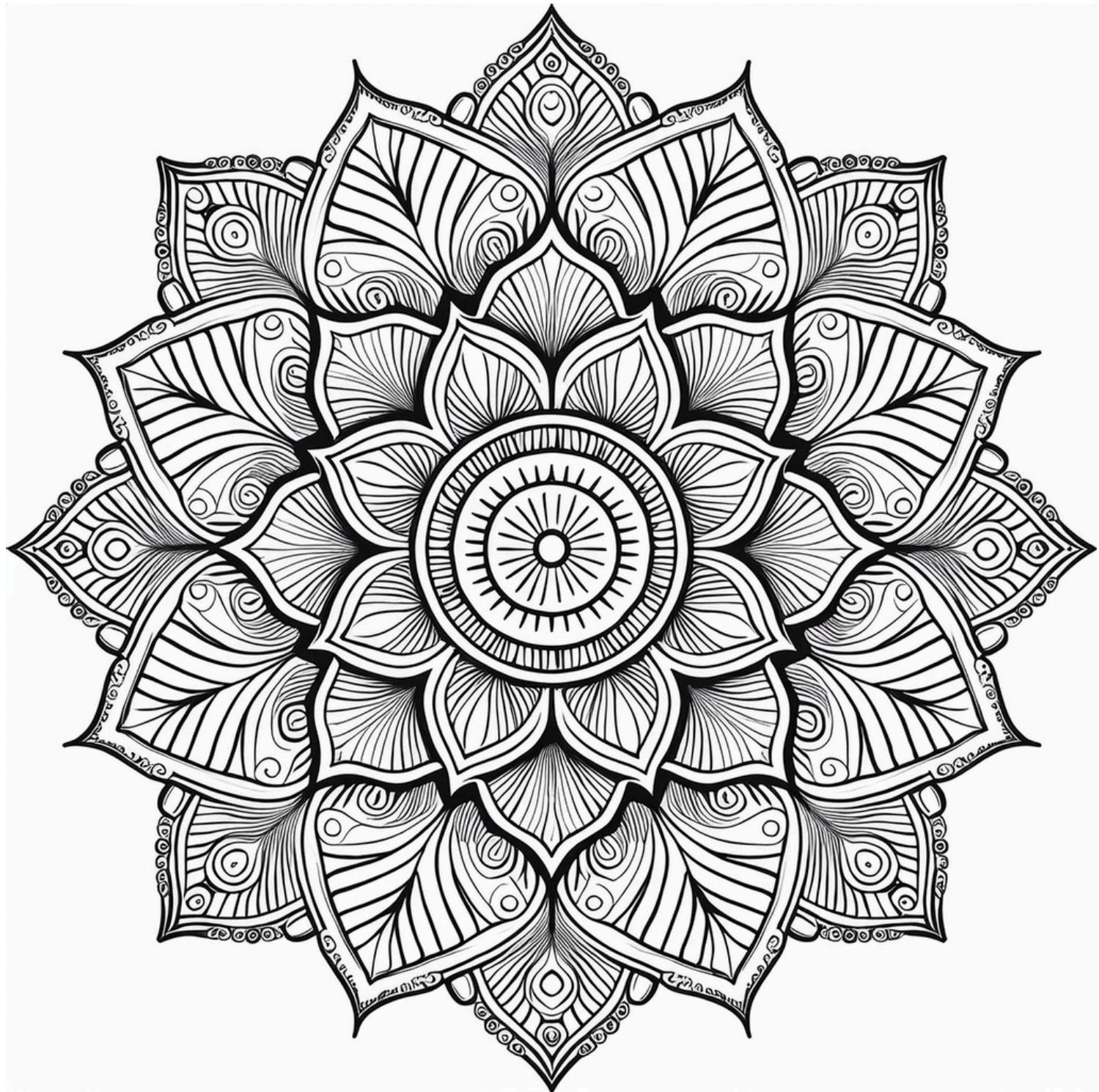
**"I release what no longer serves me"**



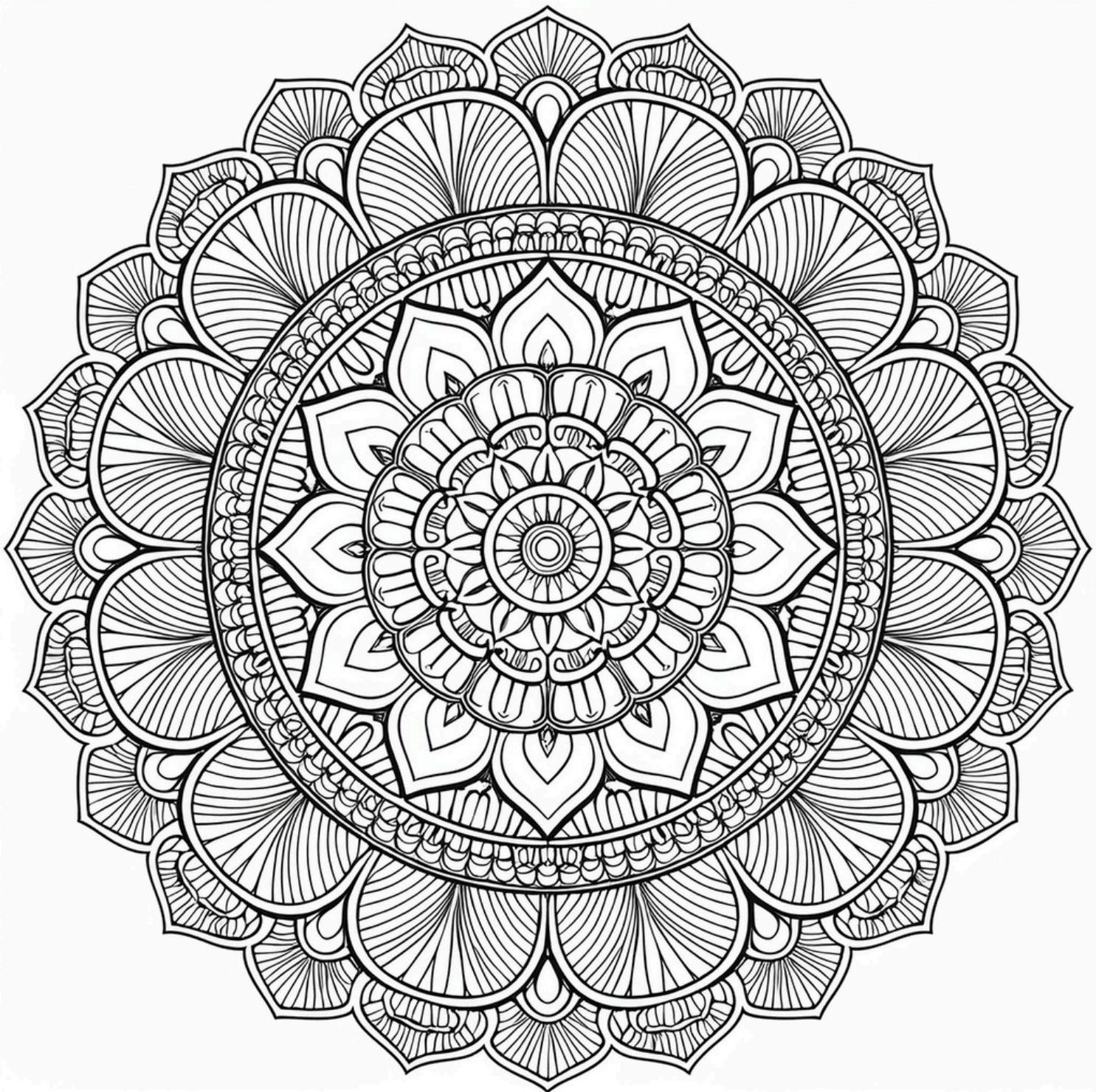
**“It's okay to ask for help when I need it”**



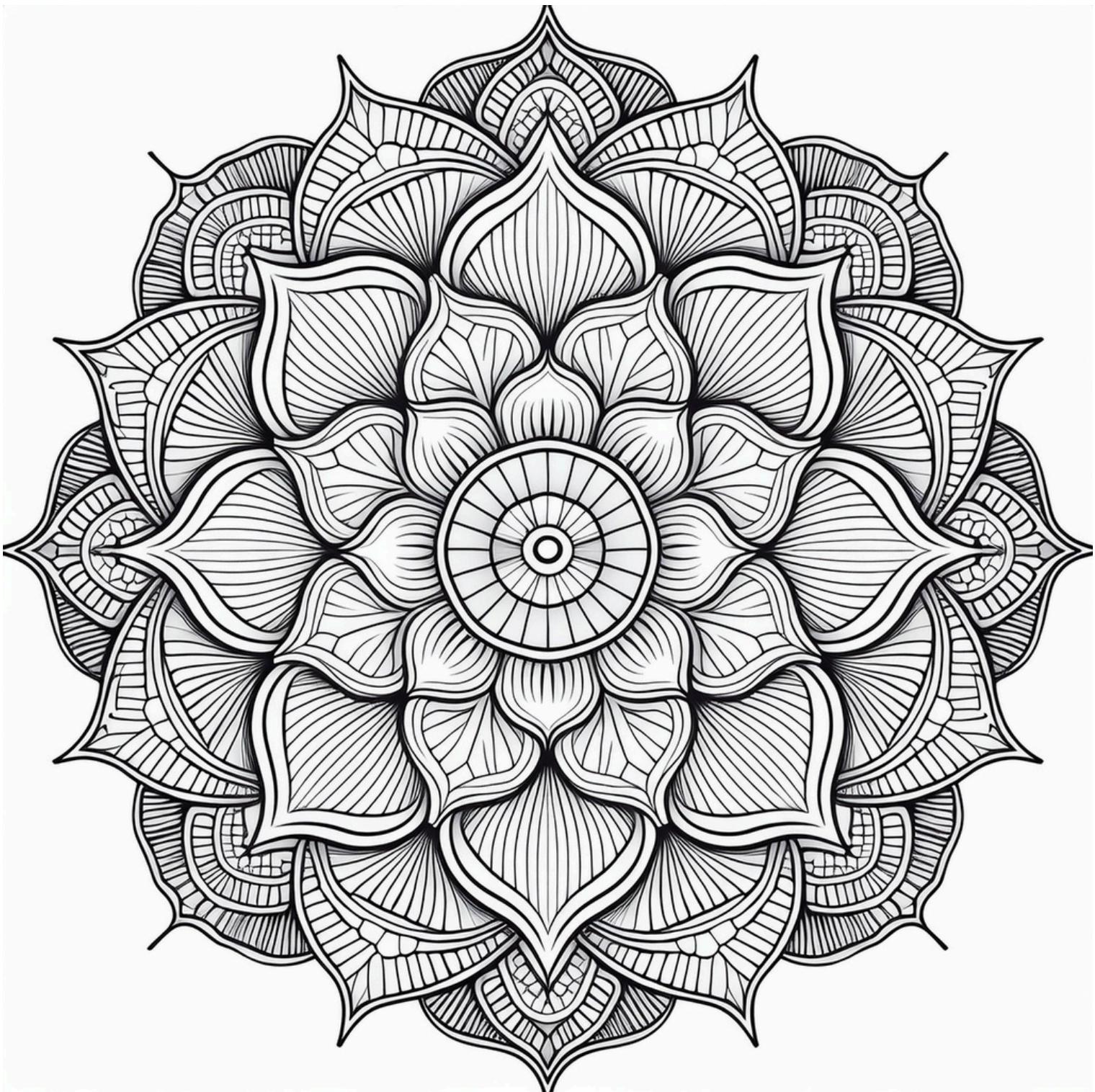
**"I am not defined by others'  
understanding of my condition"**



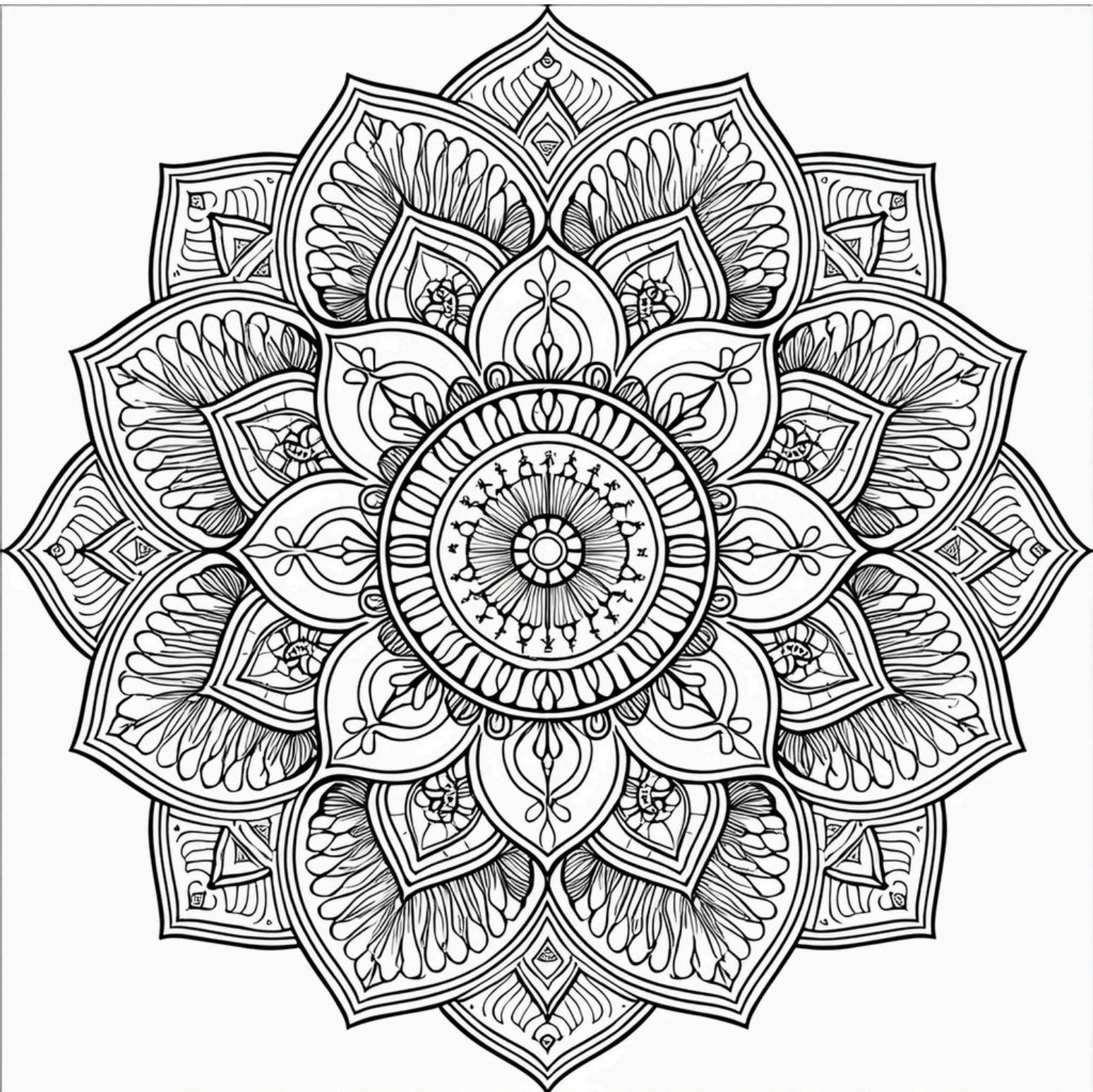
**“I create my own path to wellness”**



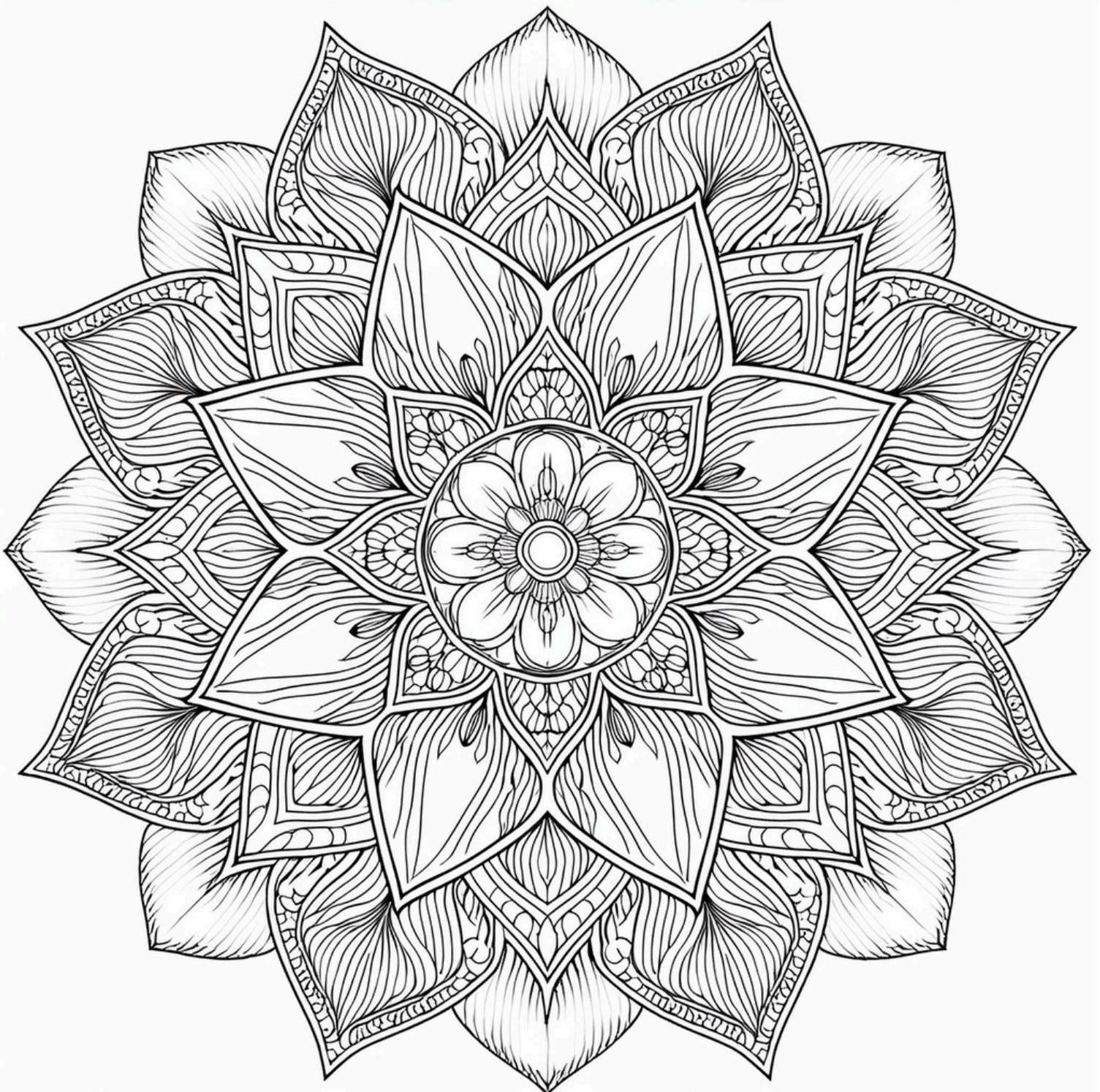
**“I am allowed to set boundaries to  
protect my health”**



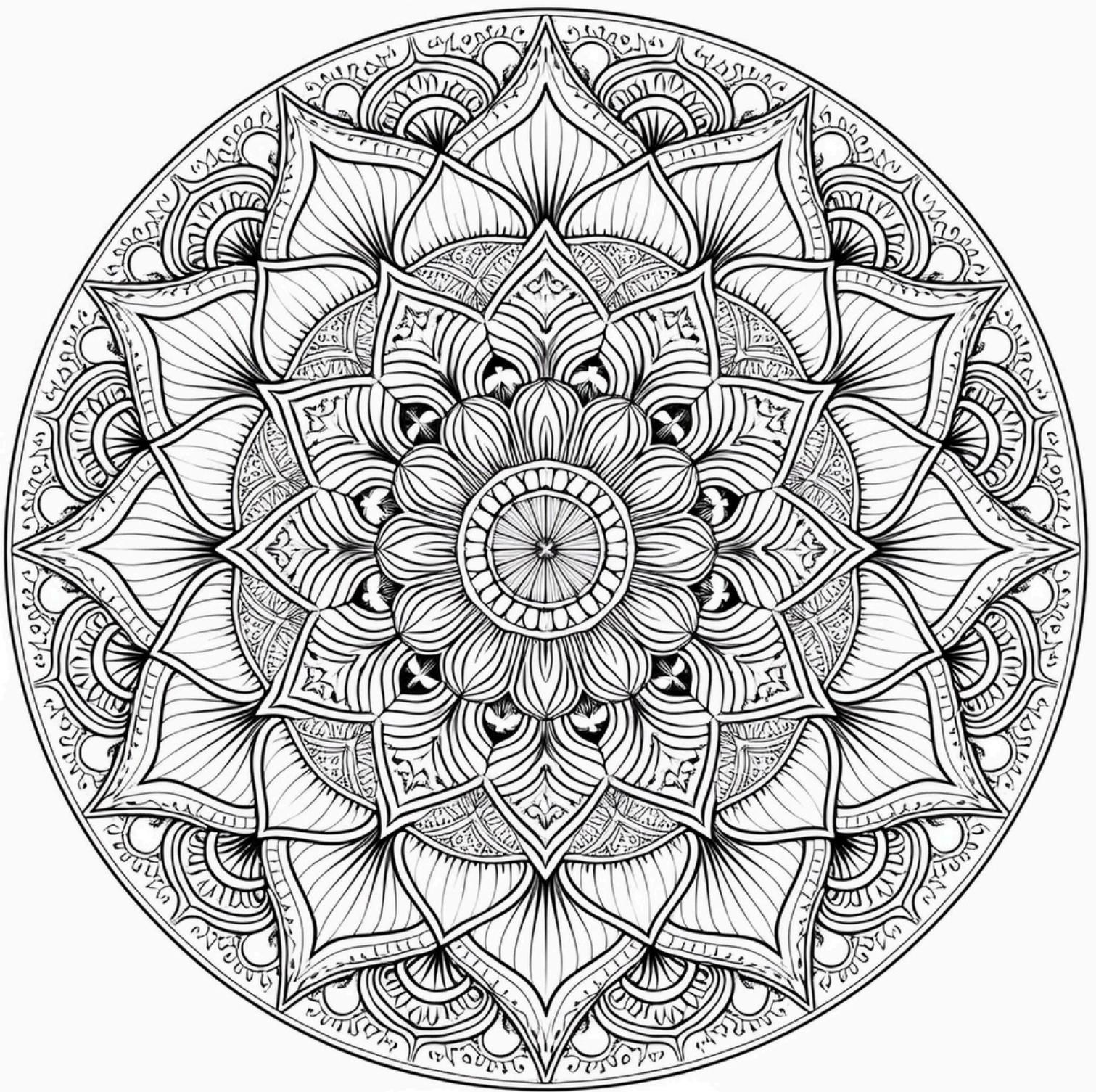
**“I trust my ability to advocate  
for myself”**



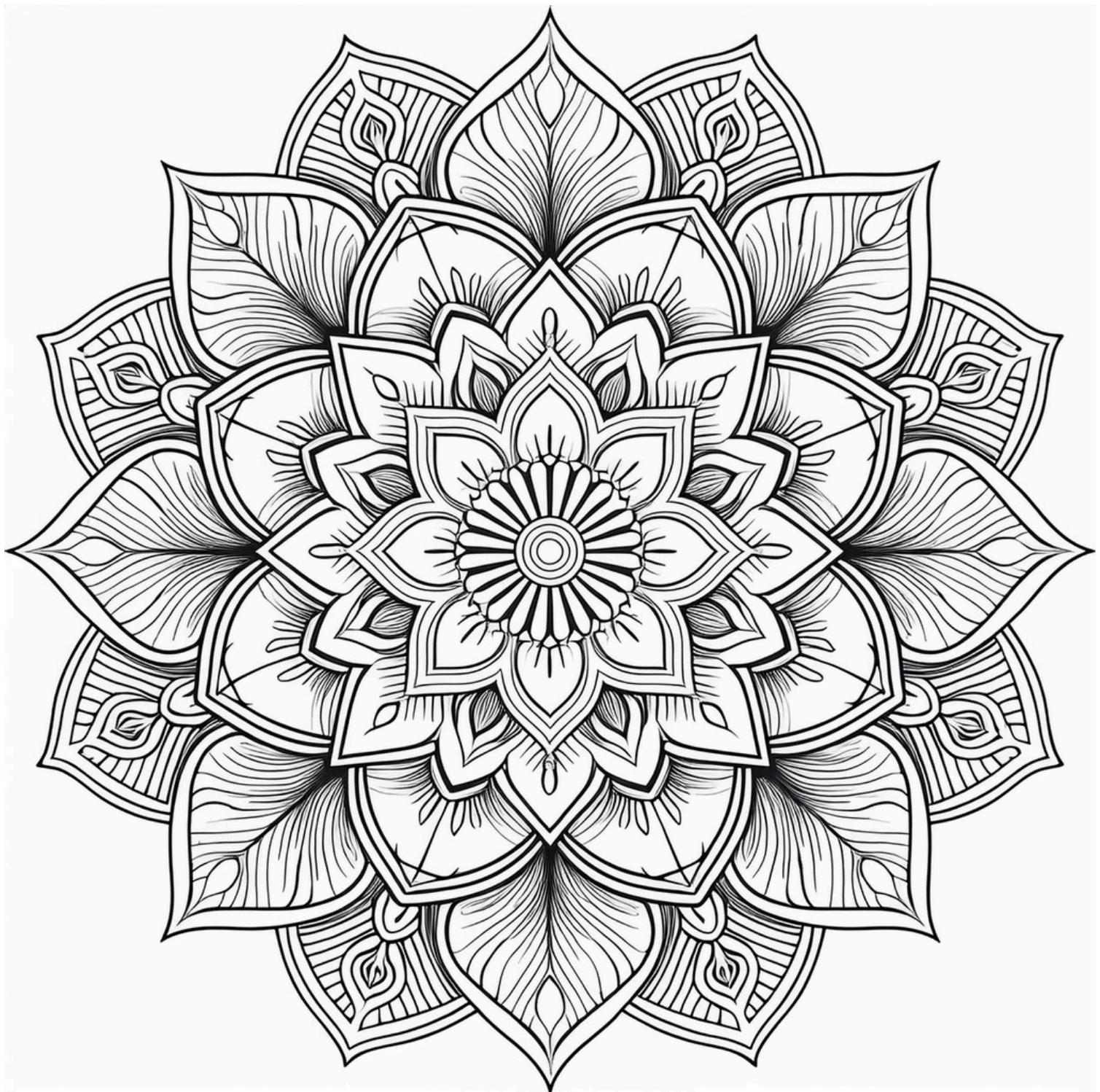
**“I am deserving of kindness, including  
from myself”**



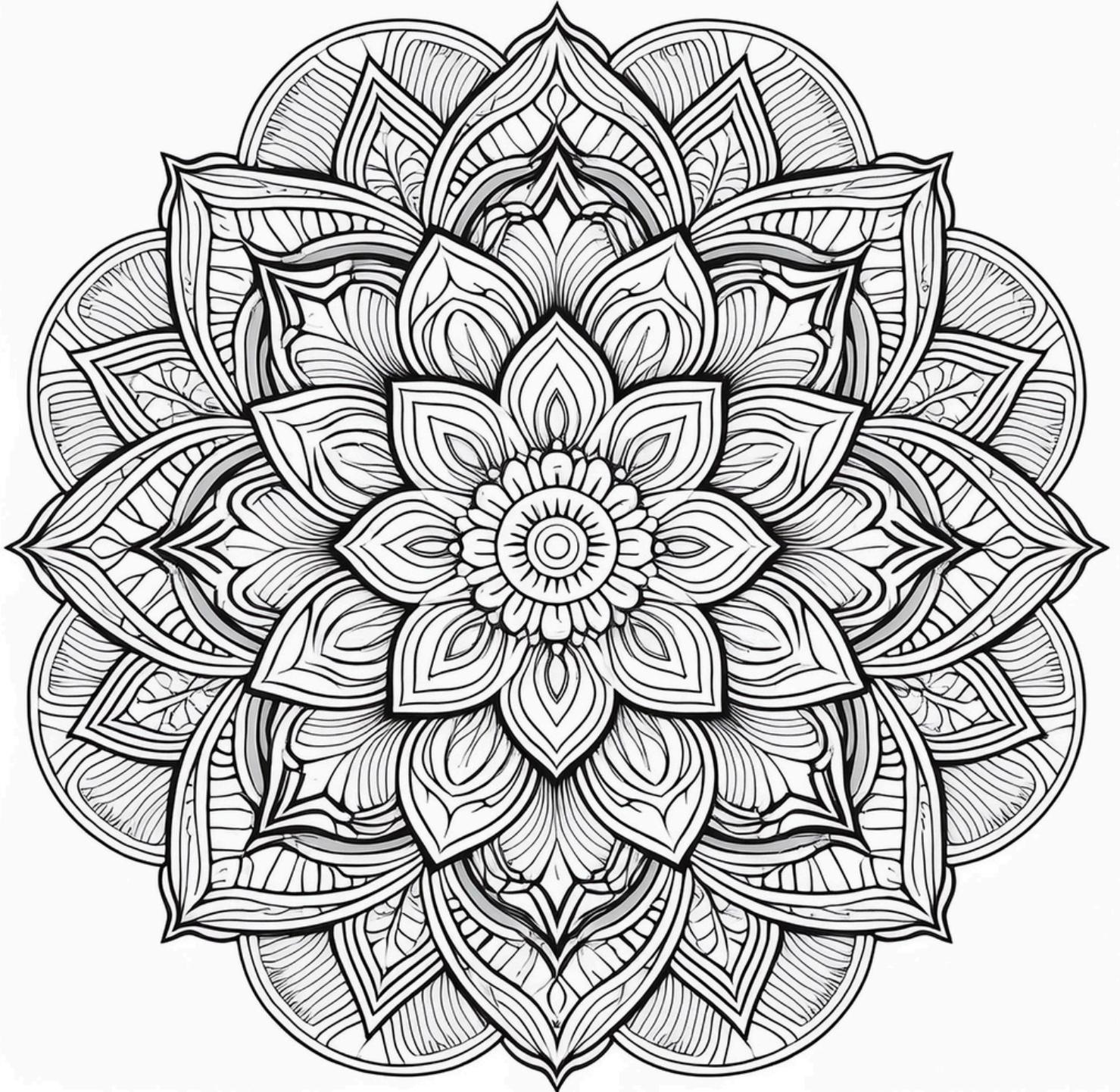
**“I am adaptable and resourceful in  
overcoming challenges”**



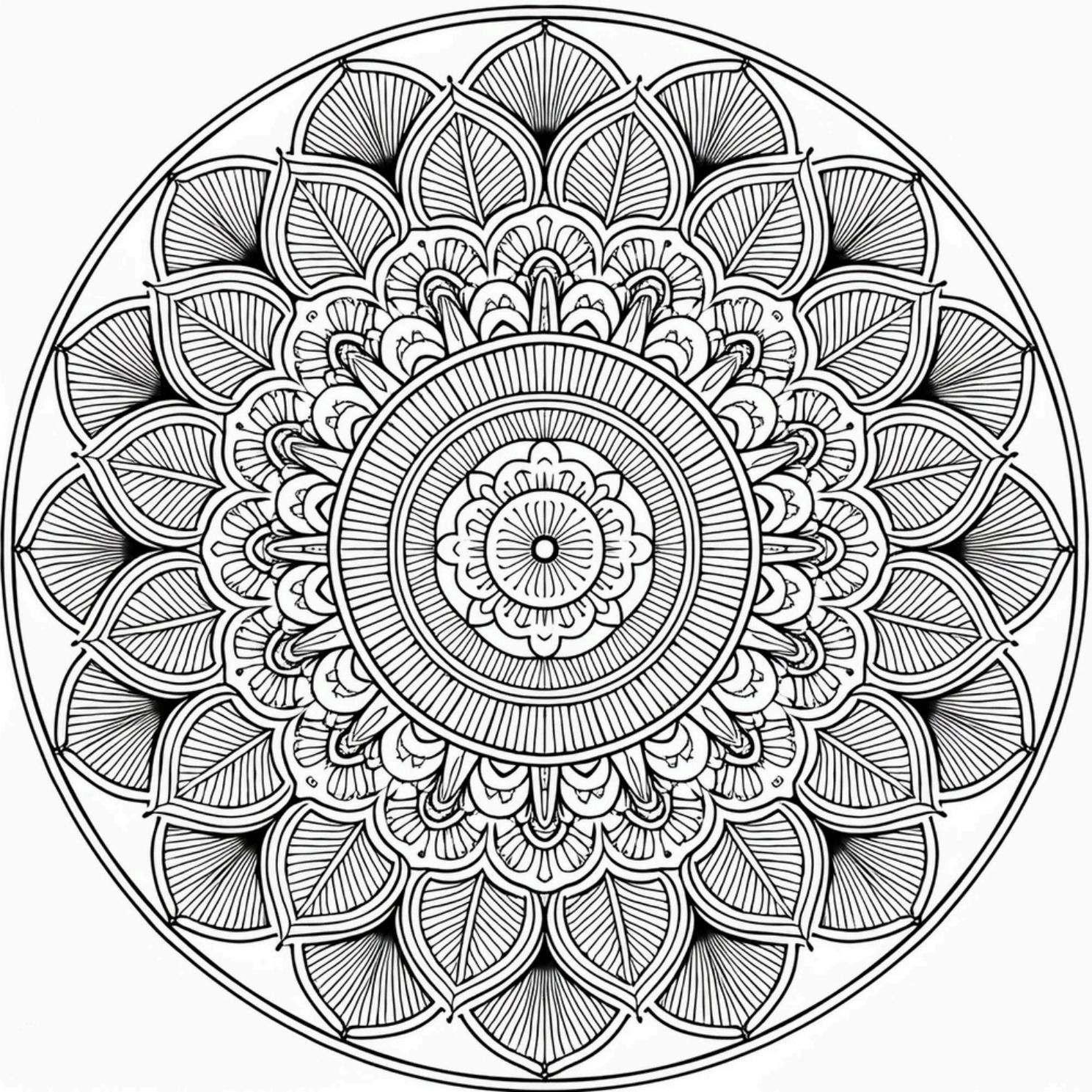
**“My body works hard for me, and I  
appreciate its efforts”**



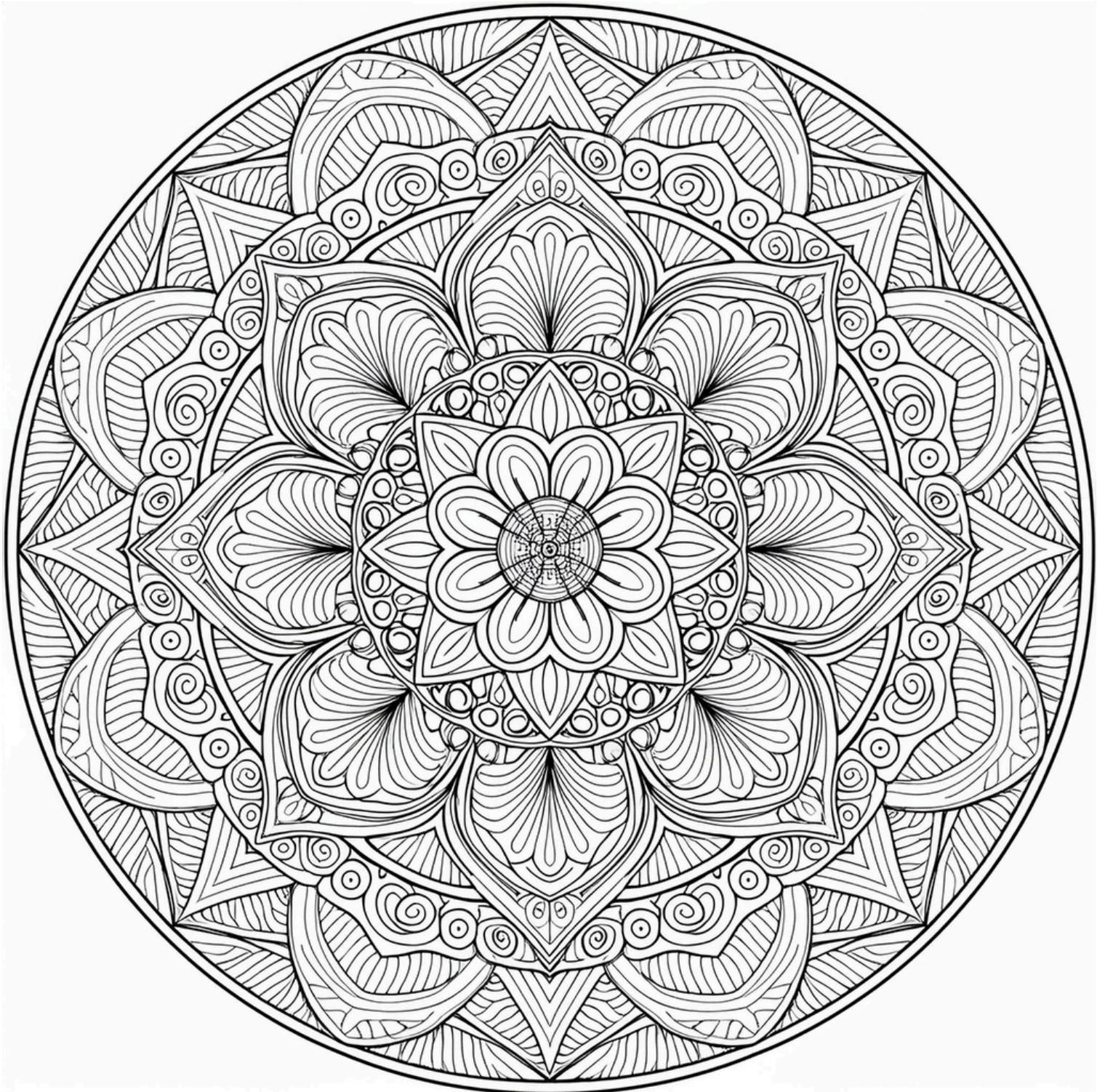
**“I am brave, even when it feels hard”**



**“I focus on what feels good in  
this moment”**



**“Healing is a journey, not a destination”**



**“Hope is my anchor, even in the storm”**



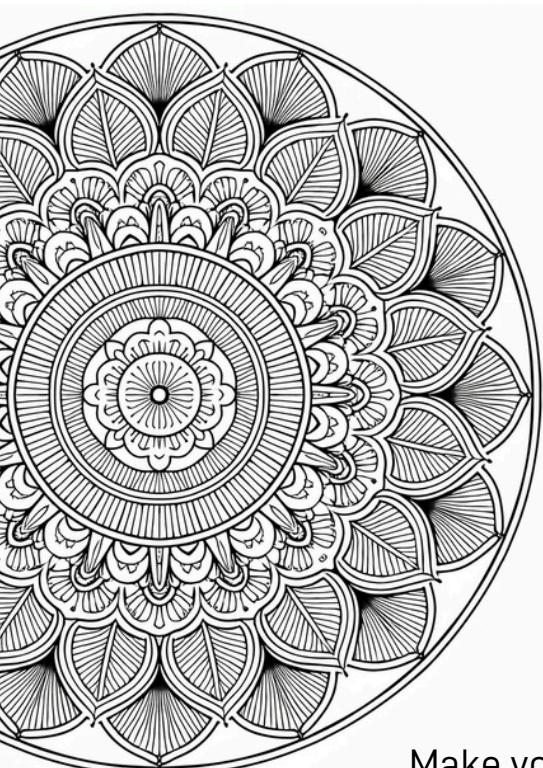
**“I am doing my best, and that is enough”**

## With thanks

Mast Cell Action would like to extend a special thanks to Ivy Lewis, a member of our Wellbeing Advisory Board, for making this book possible.

For more wellbeing resources, please visit

**[www.mastcellaction.org](http://www.mastcellaction.org)**



Make your legacy a lifeline for people with MCAS, leave a gift in your will to Mast Cell Action.

