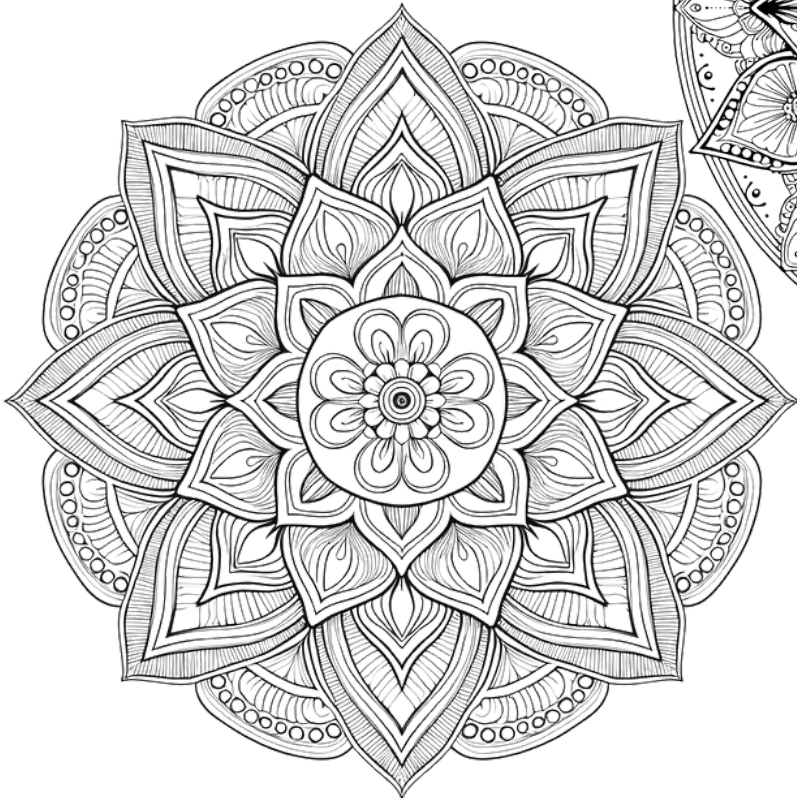
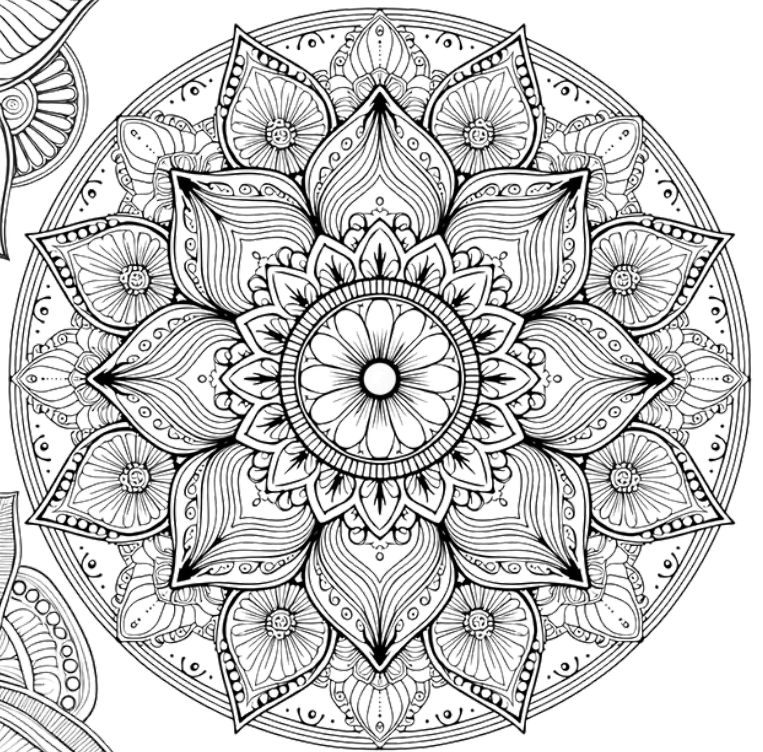
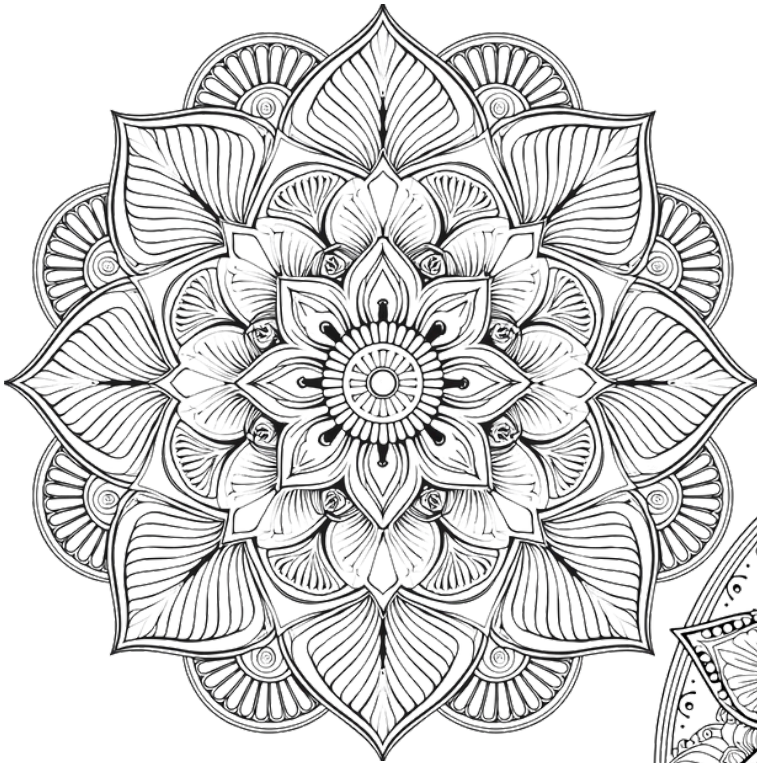


# MAST CELL ACTION

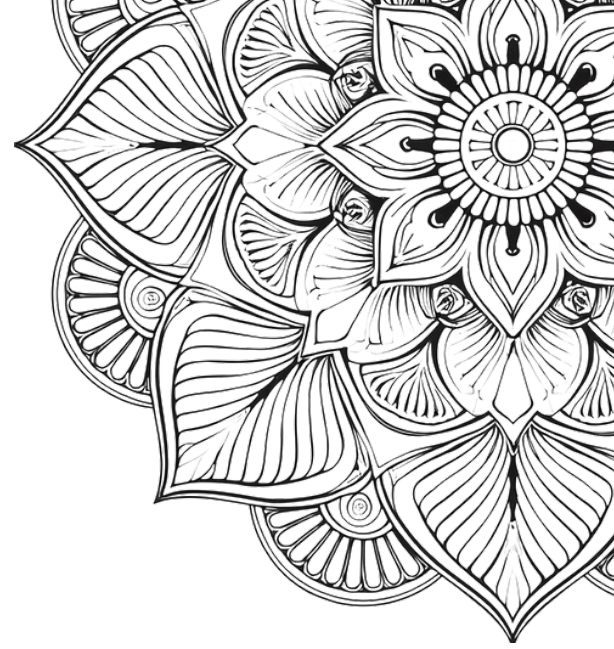
## COLOURING BOOK

### WITH AFFIRMATIONS



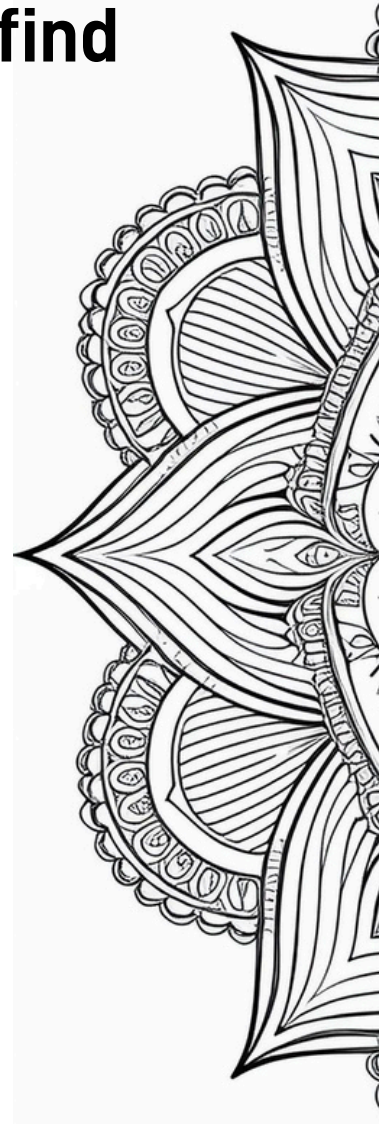
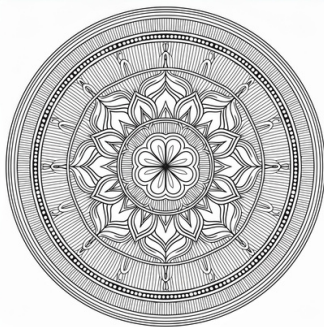
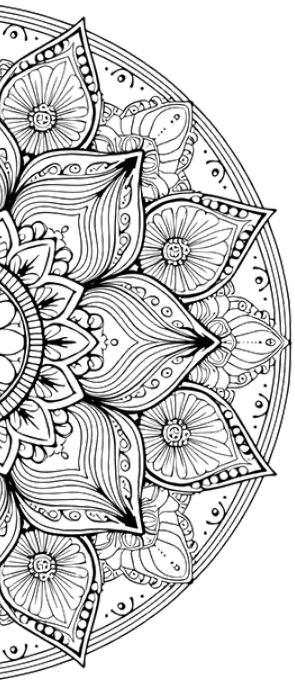
**"Strength grows  
here, one day at  
a time"**



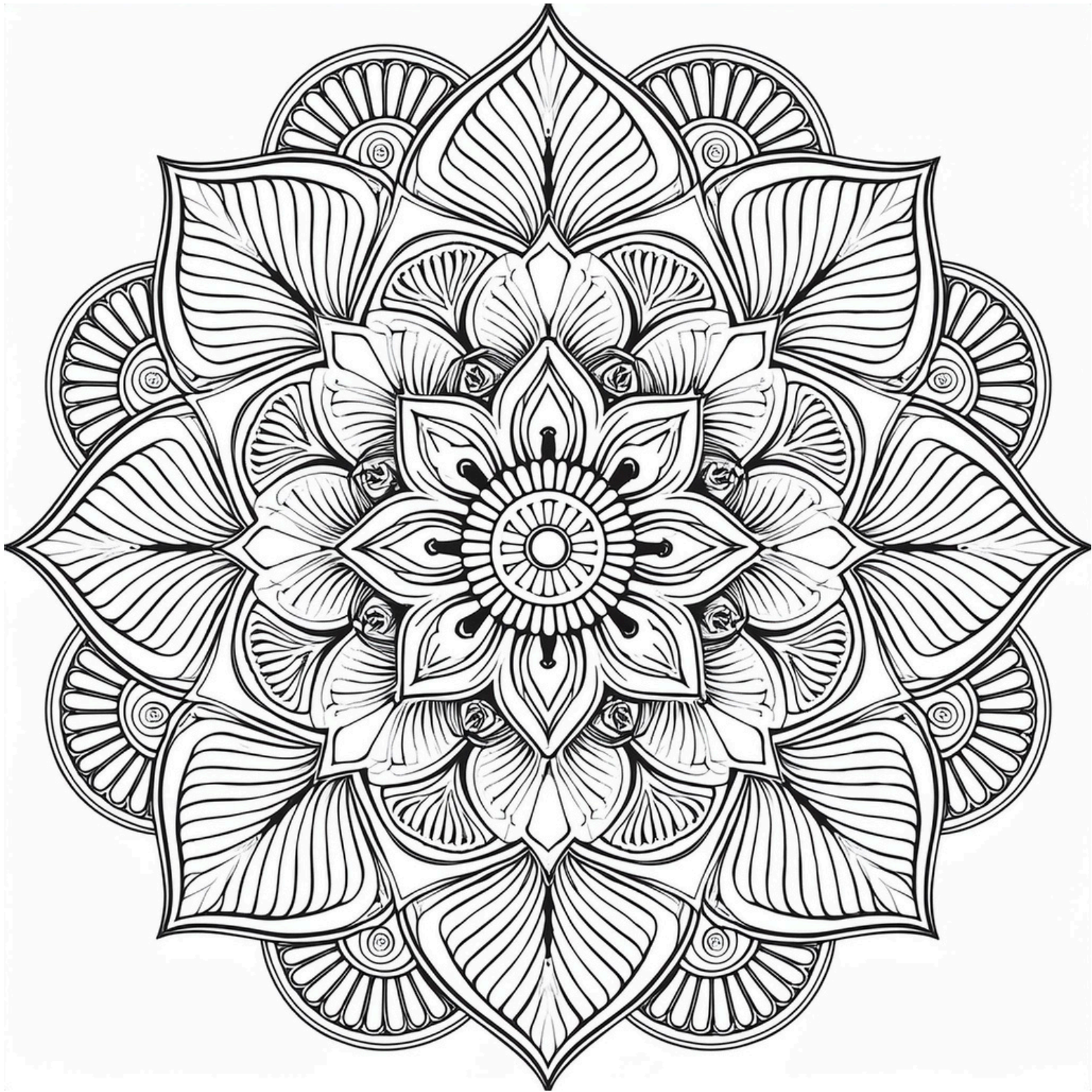


**As each colour fills the spaces in this book, may your heart find calm, your mind find focus, and your spirit find strength.**

**You are your own masterpiece.**

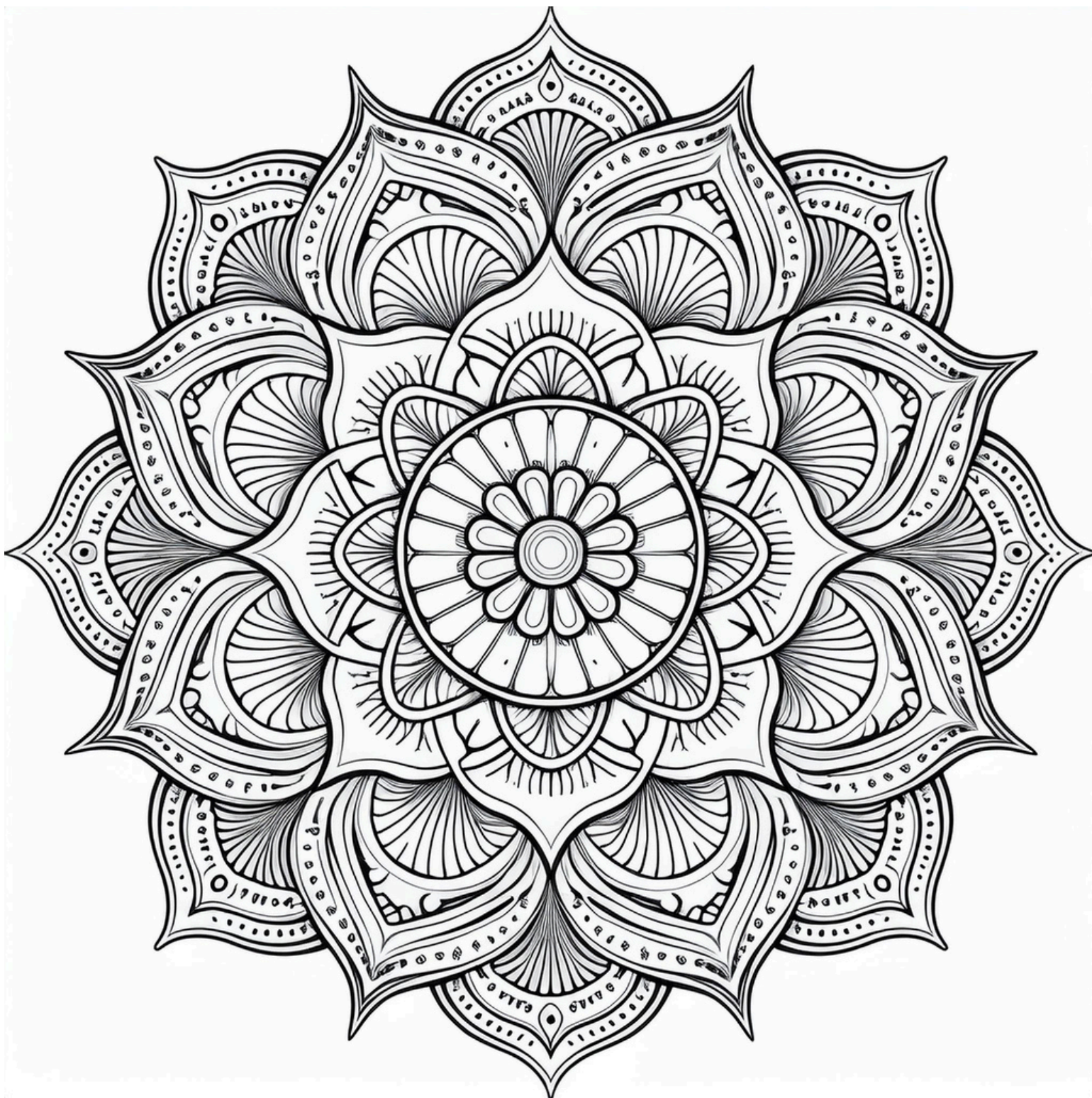






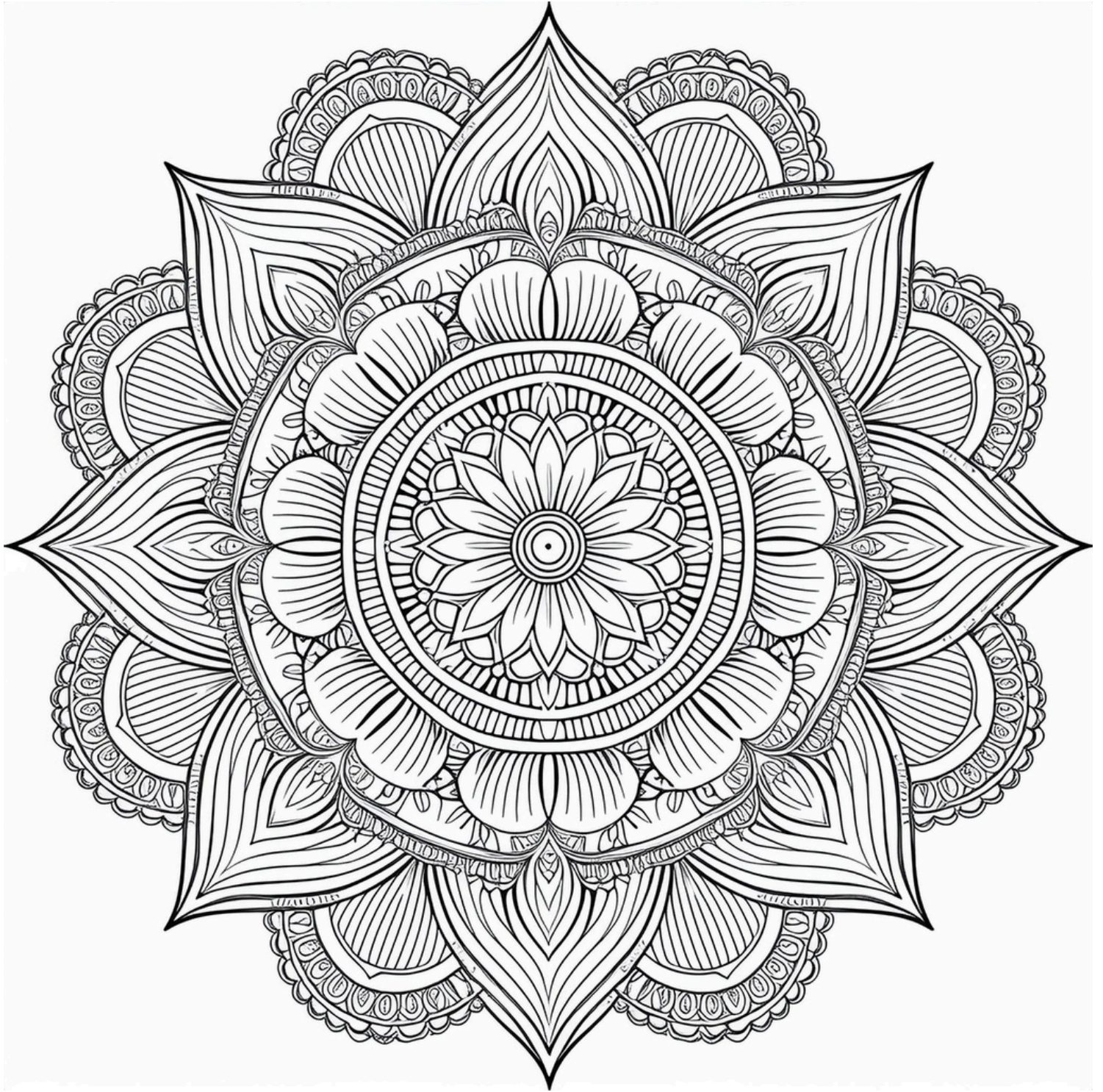
**"I am more than my diagnosis"**





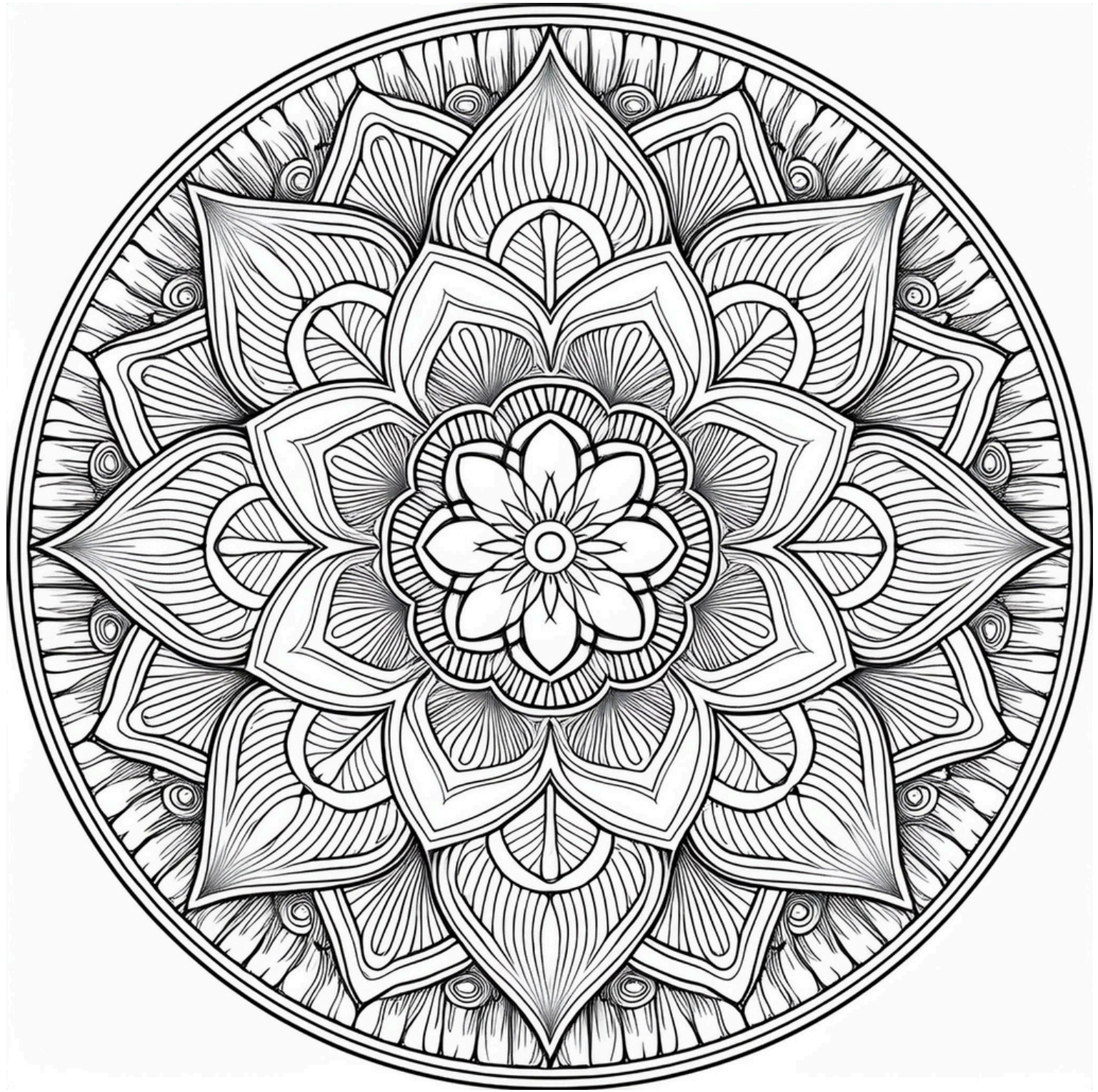
**"Every small step is progress"**





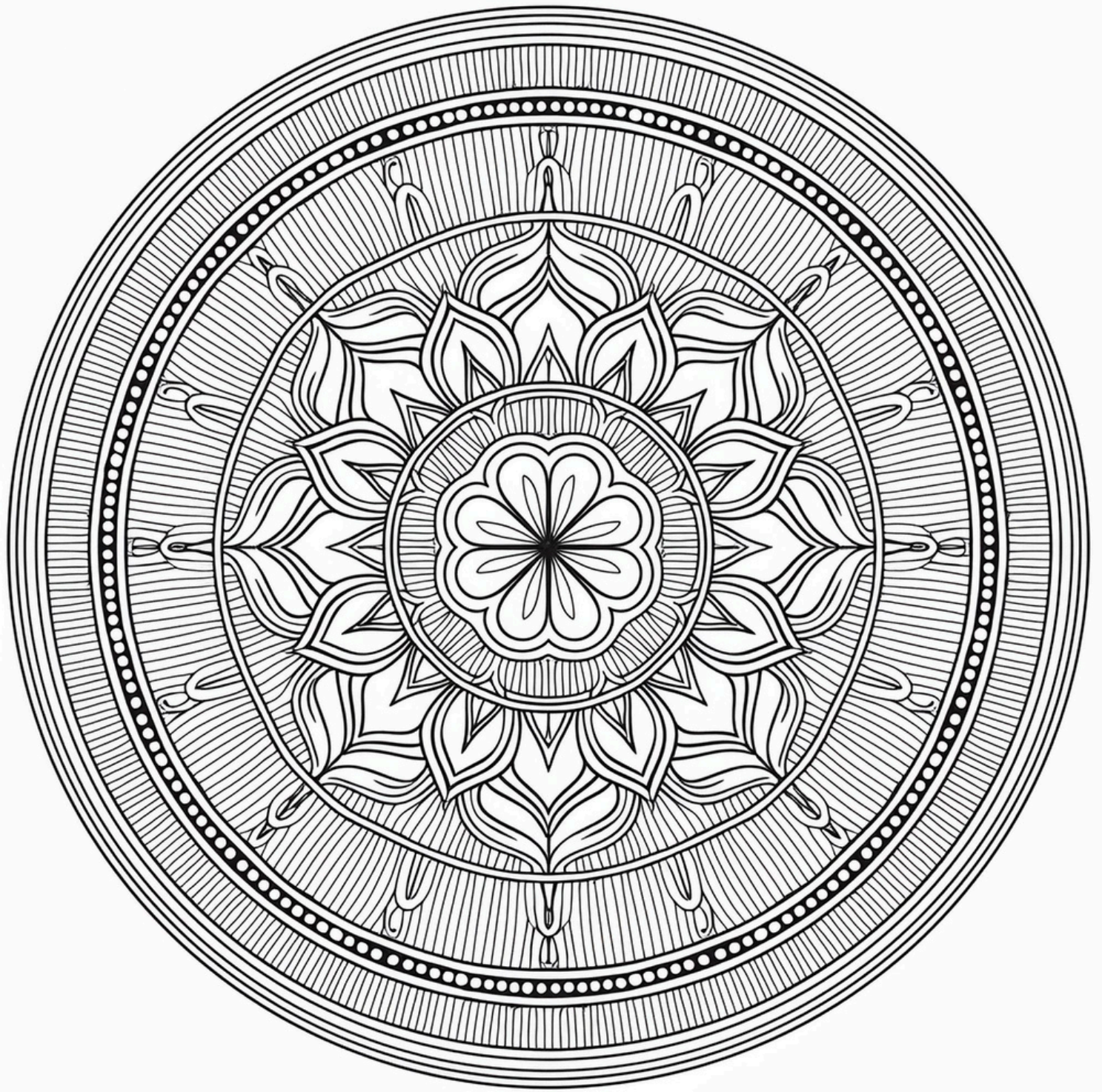
**"I am worthy of compassion and care"**





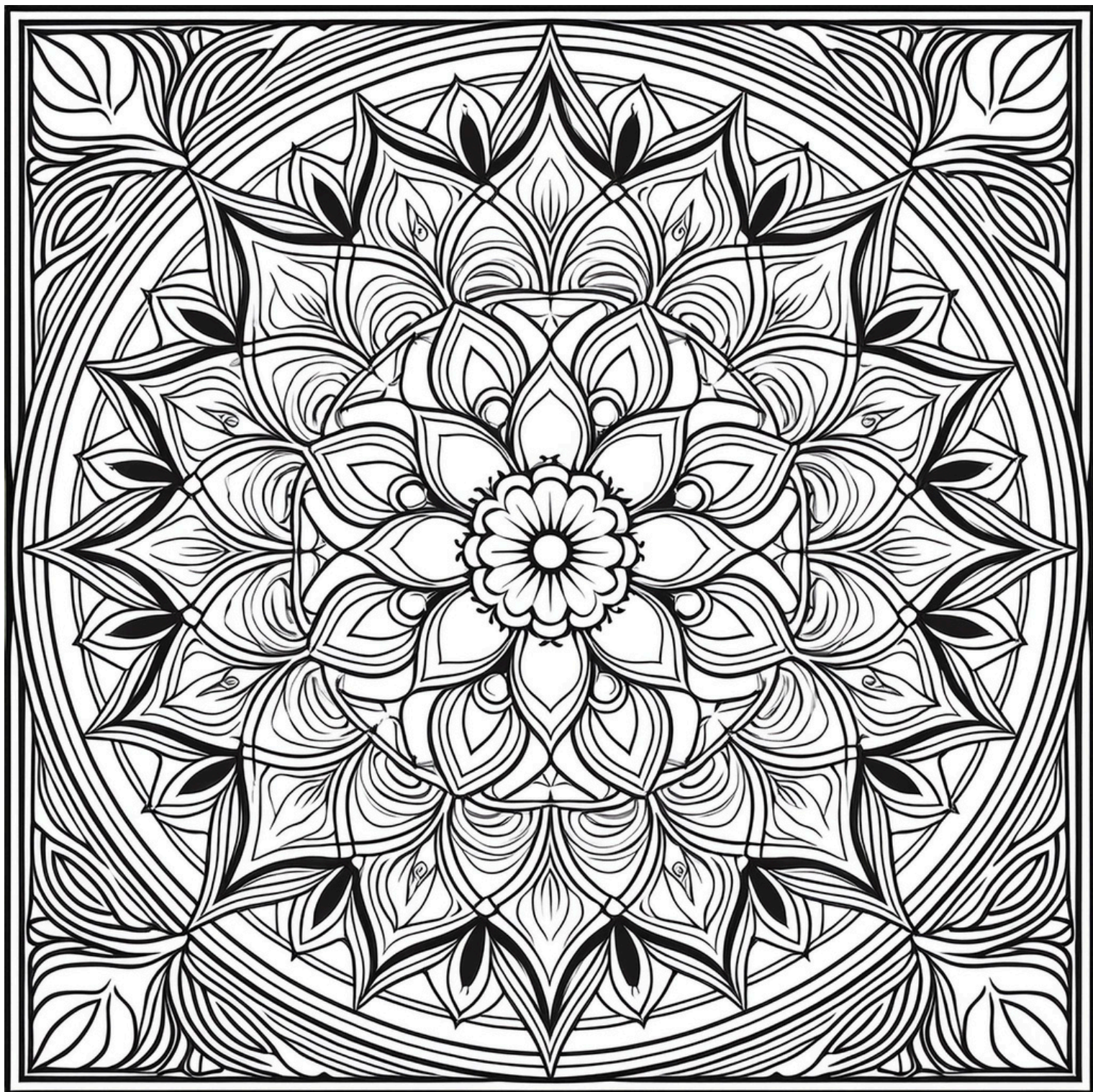
**"I listen to my body and honour its  
needs"**





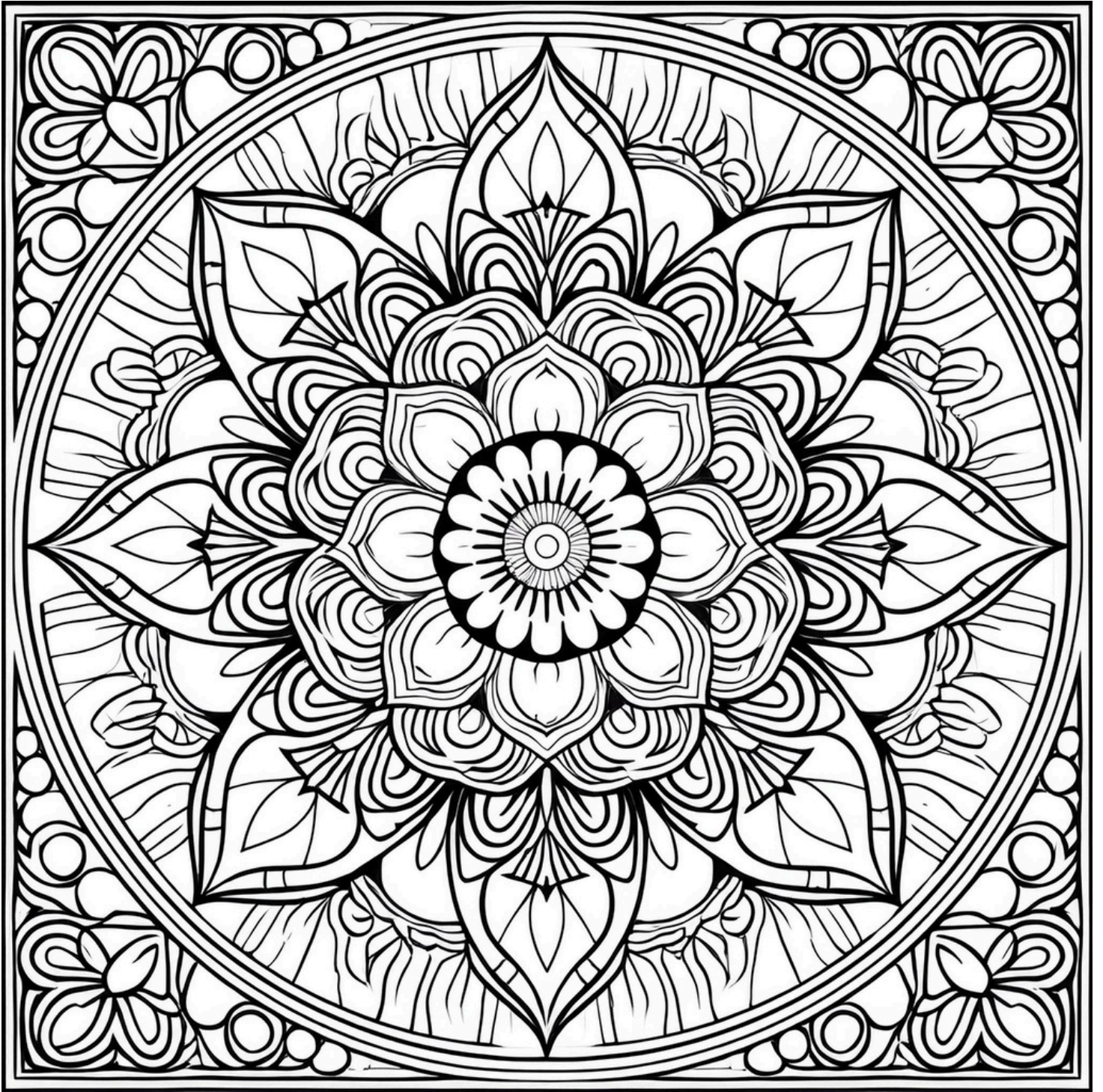
**"Resting is a form of strength"**





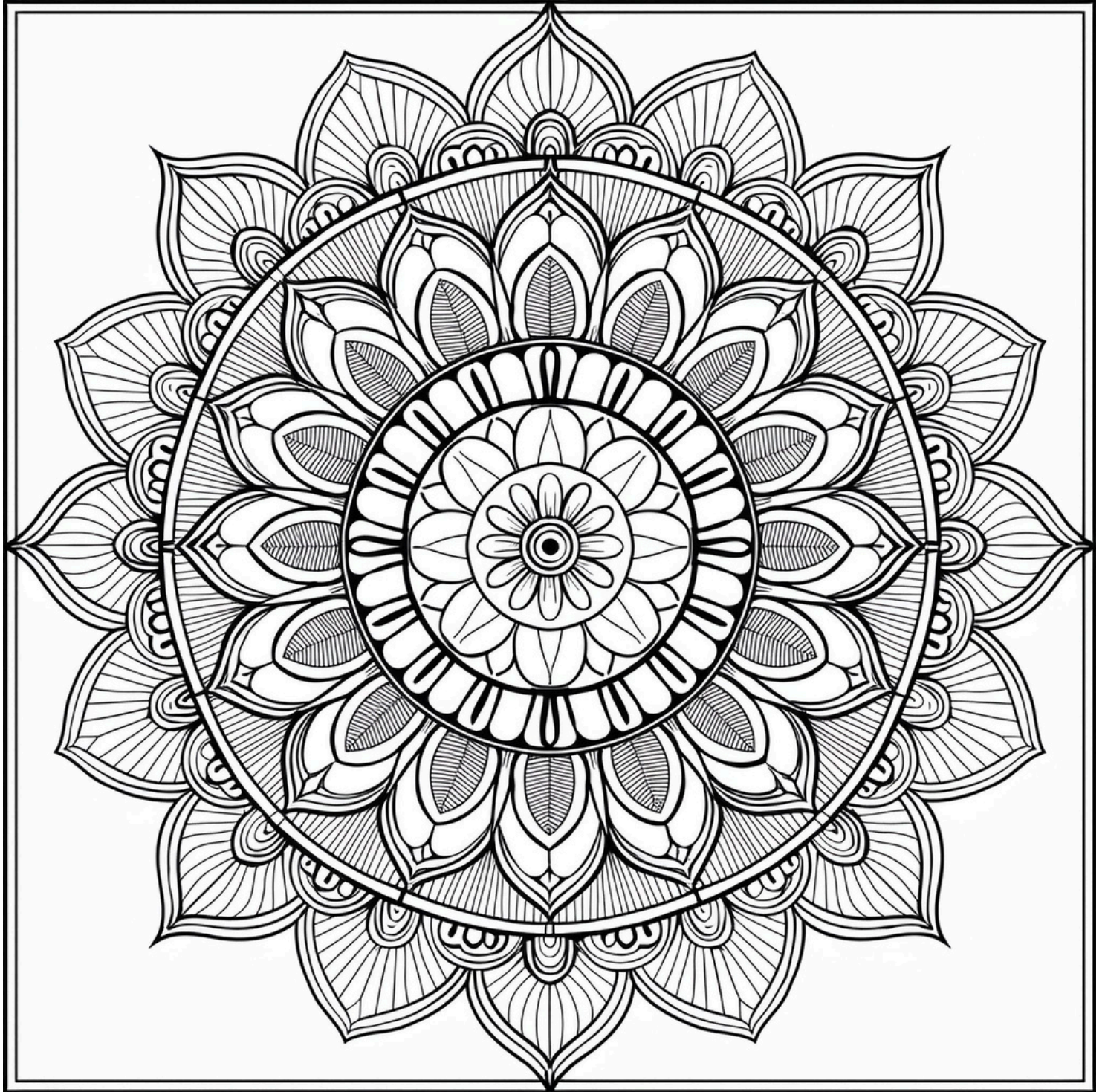
**"I am not alone in this journey"**





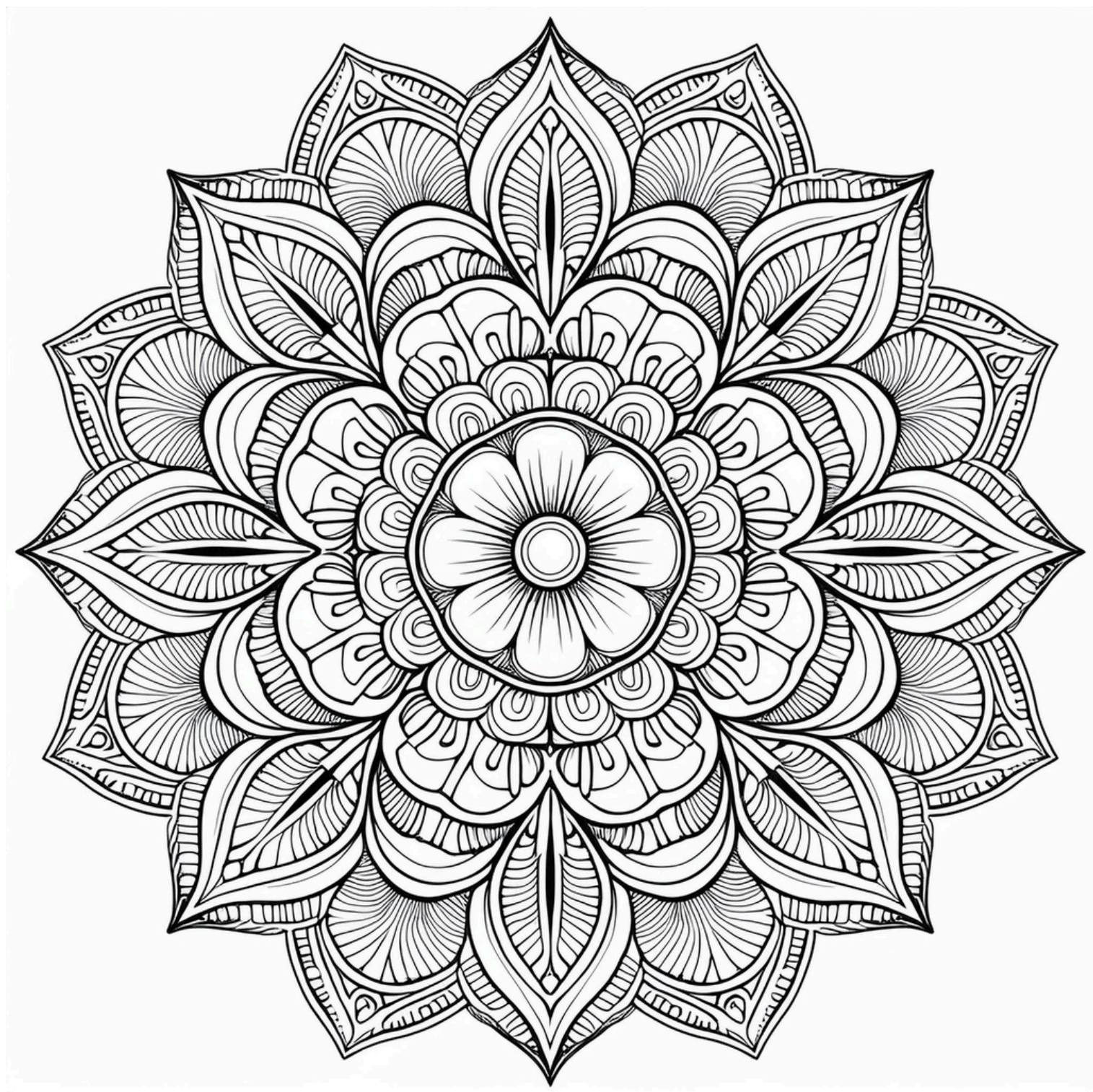
**"Challenges help me grow stronger"**





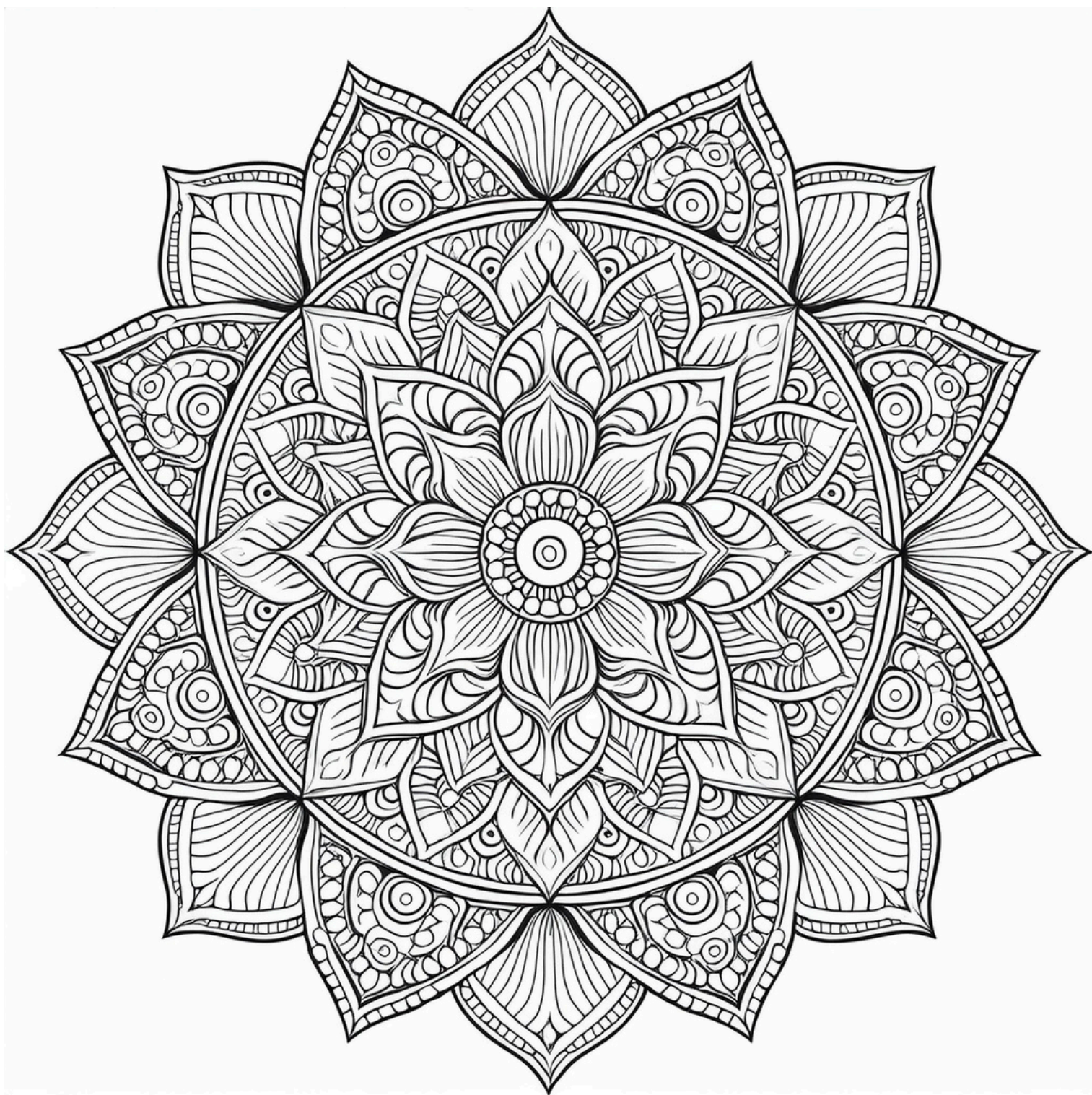
**"I embrace what I can do today"**





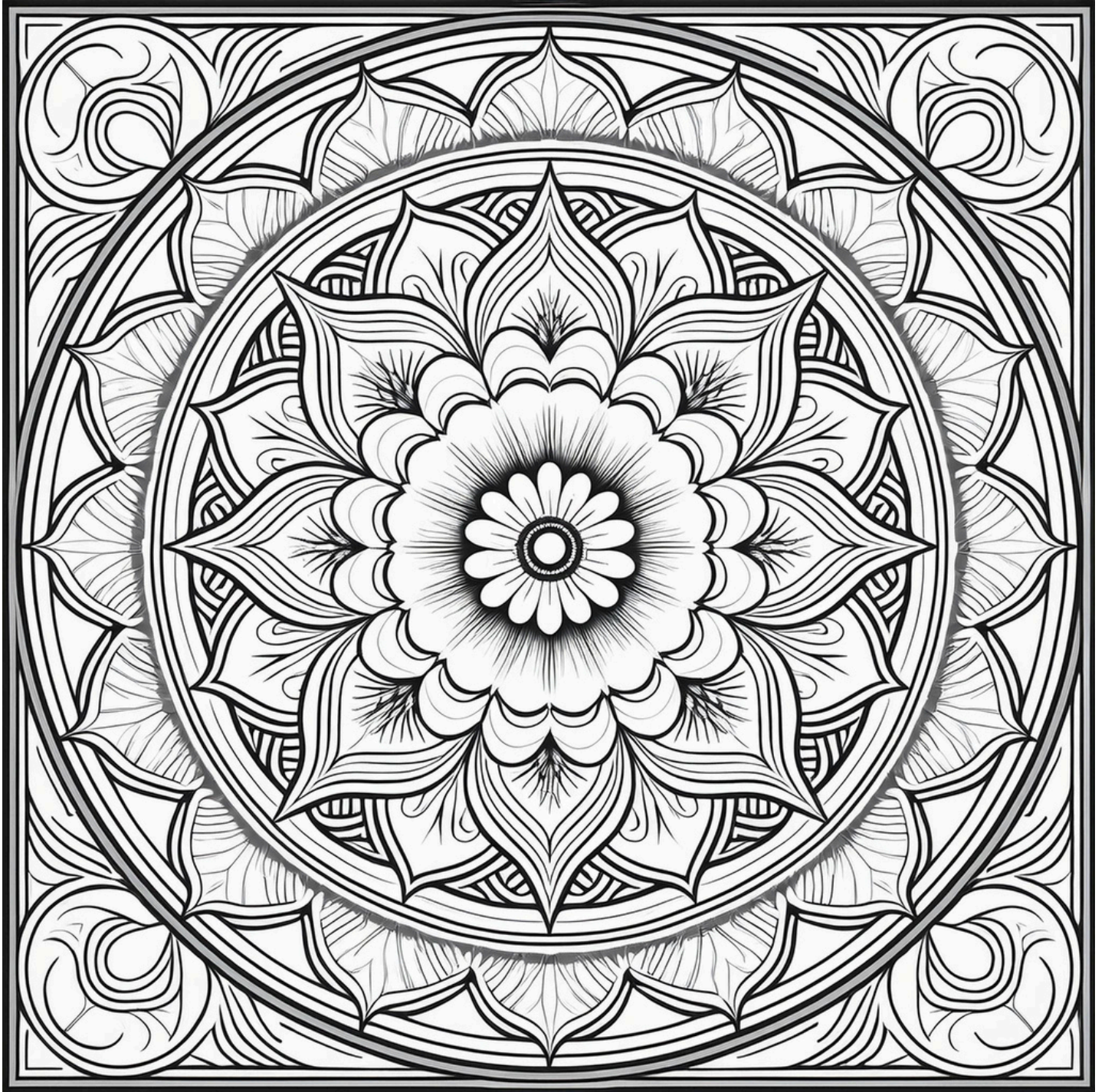
**"I deserve to feel safe and supported"**





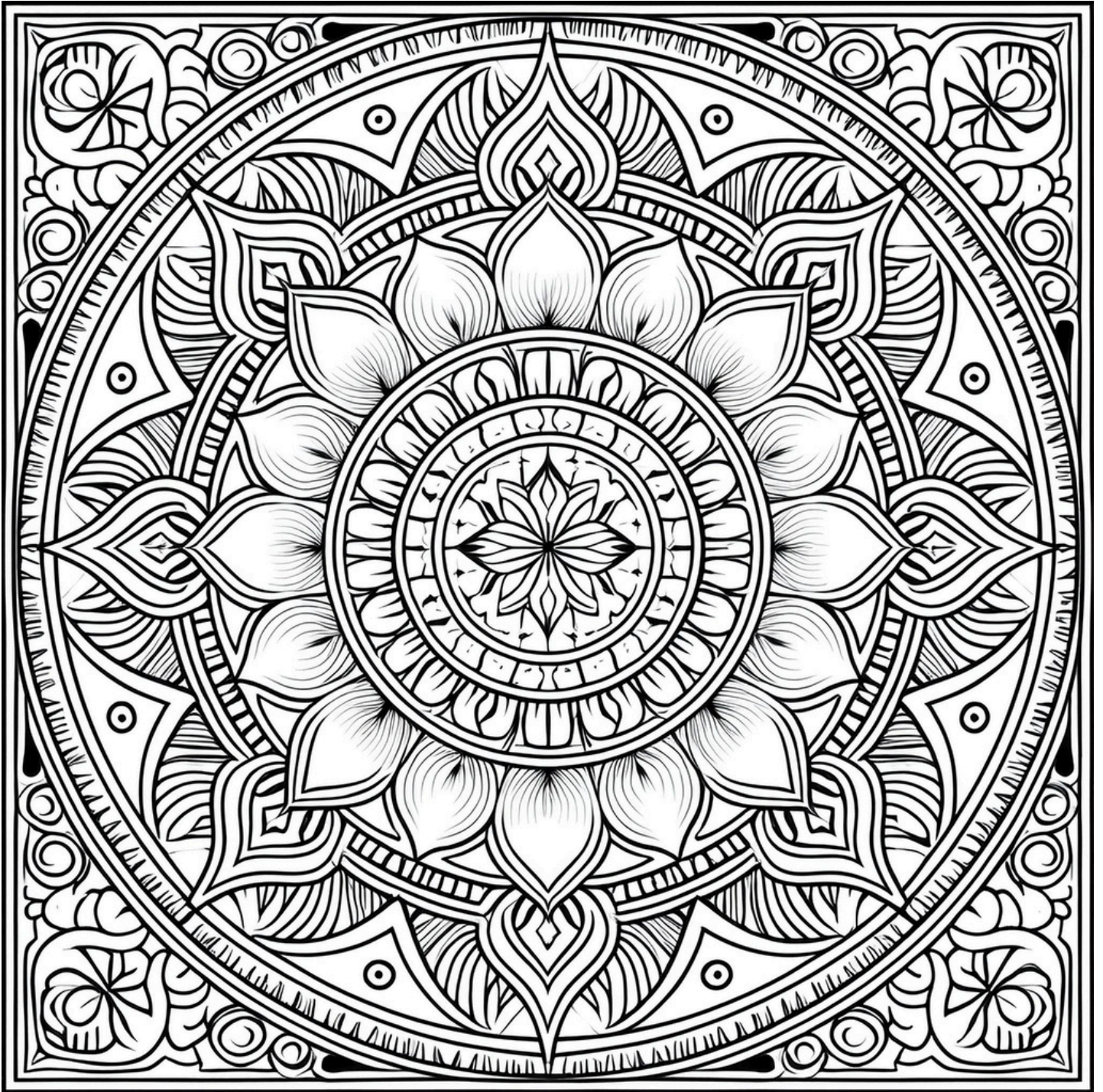
**"Each breath I take grounds me"**





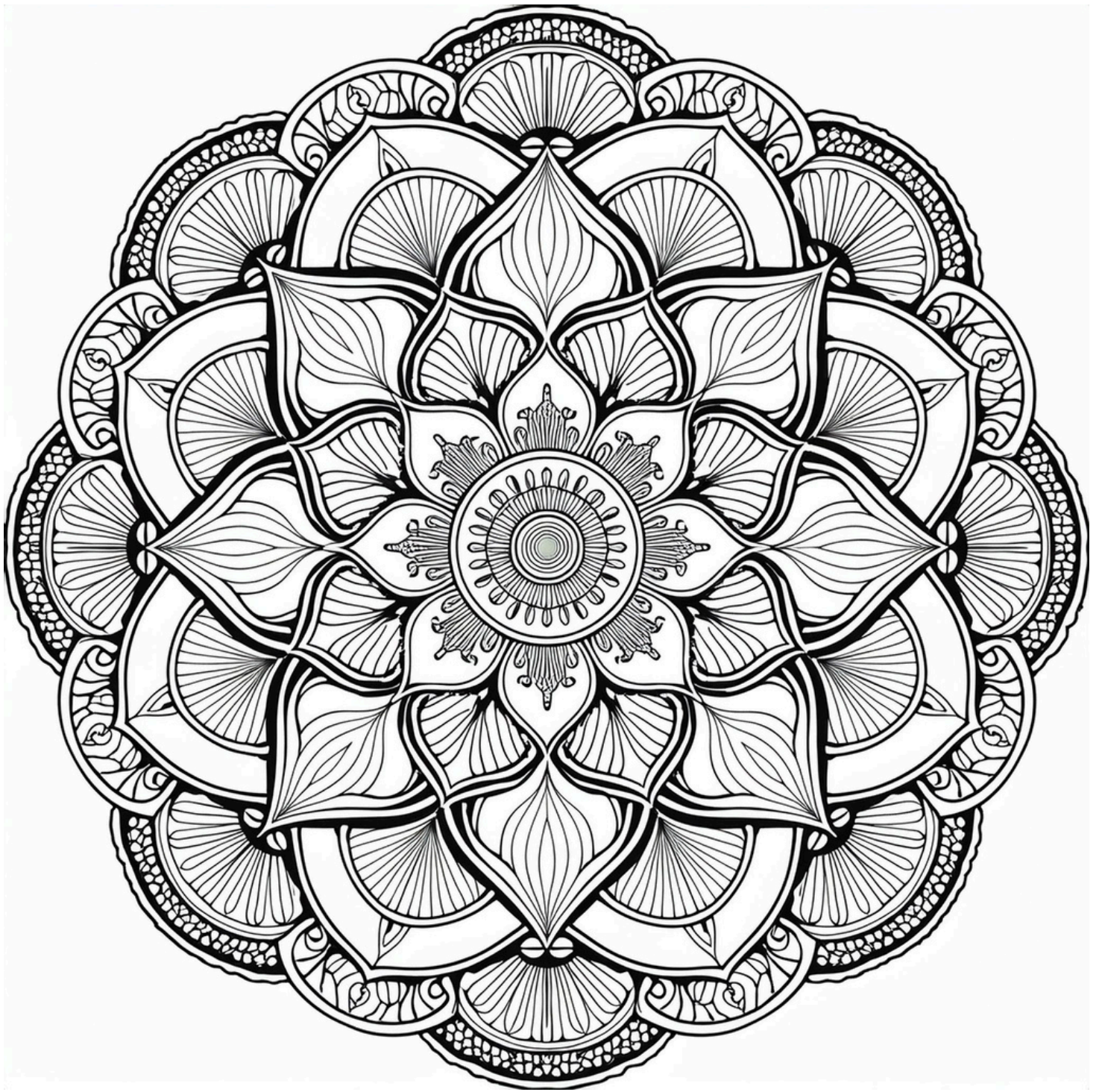
**"I am an expert on my own body"**





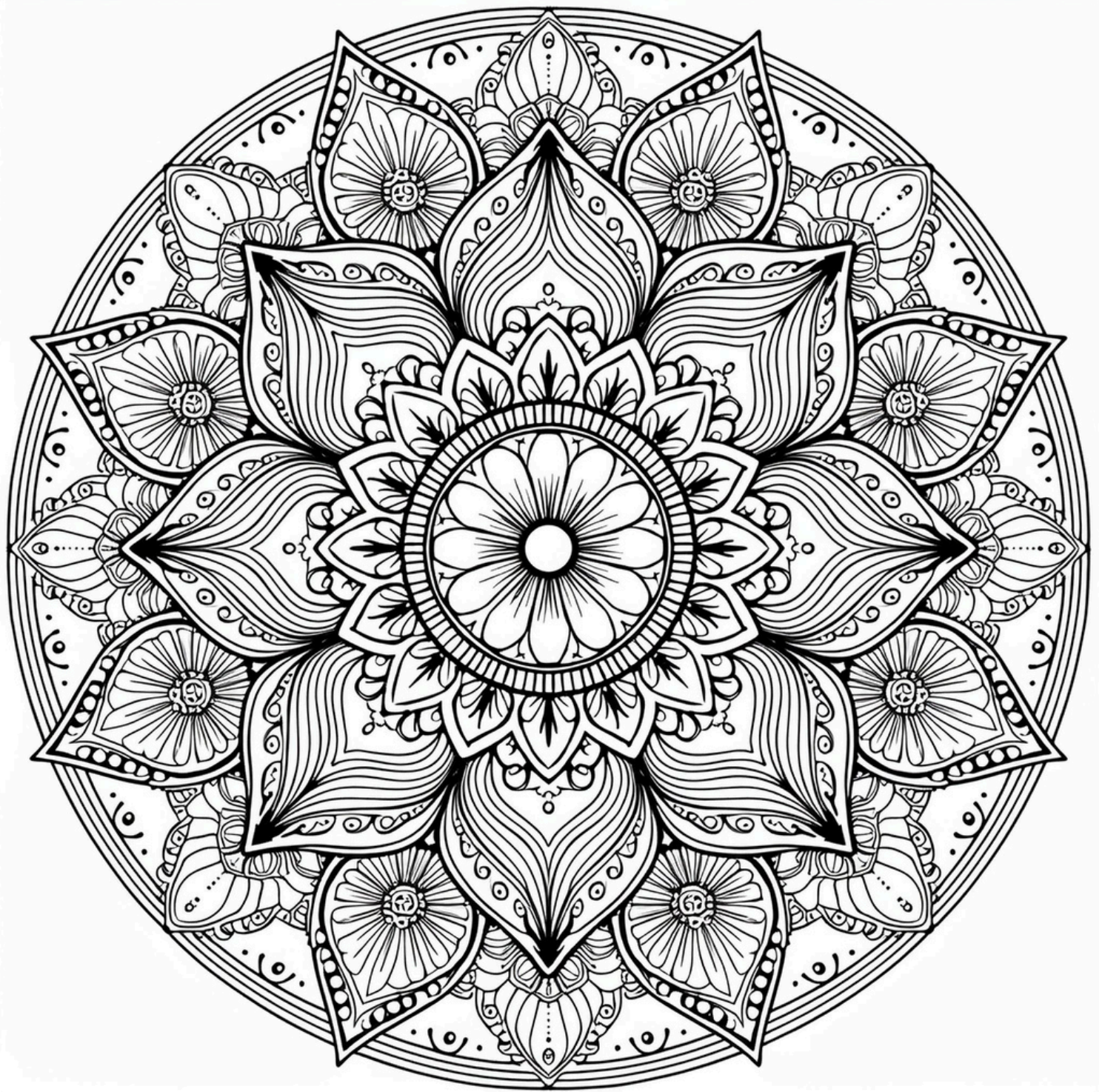
**"My needs are valid and important"**





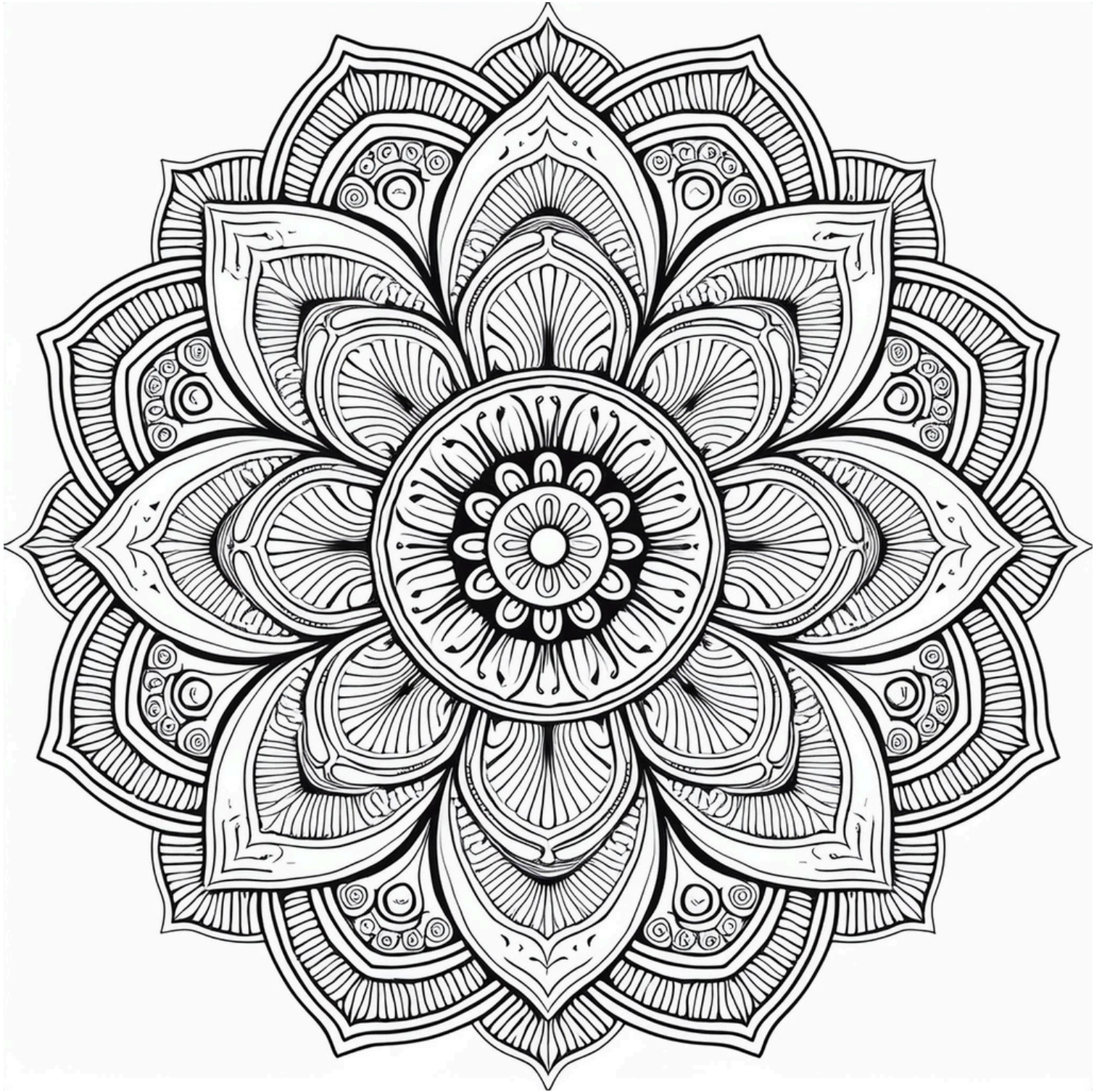
**"I am resilient, even on tough days"**





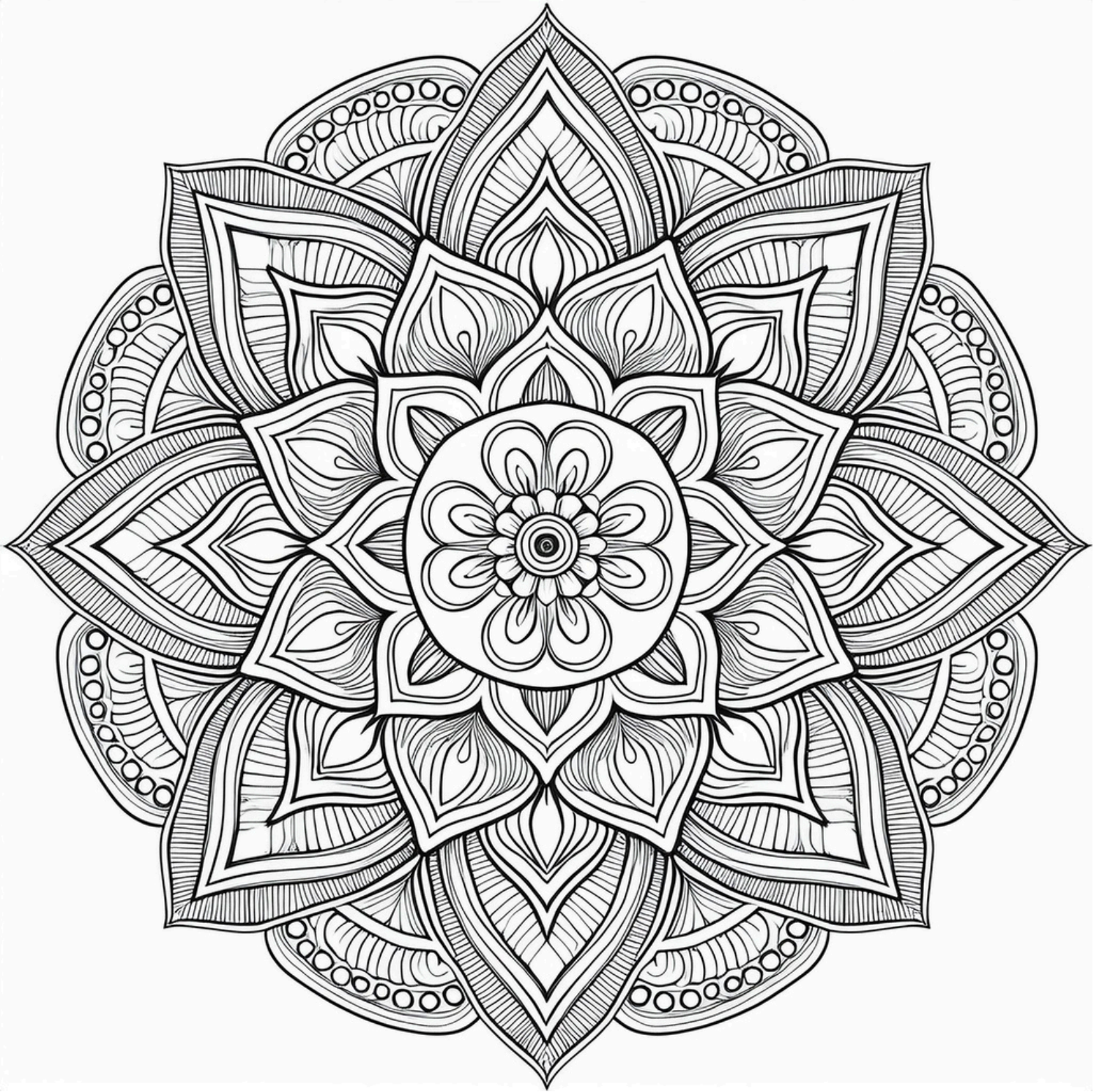
**"I celebrate my progress, no matter  
how small"**





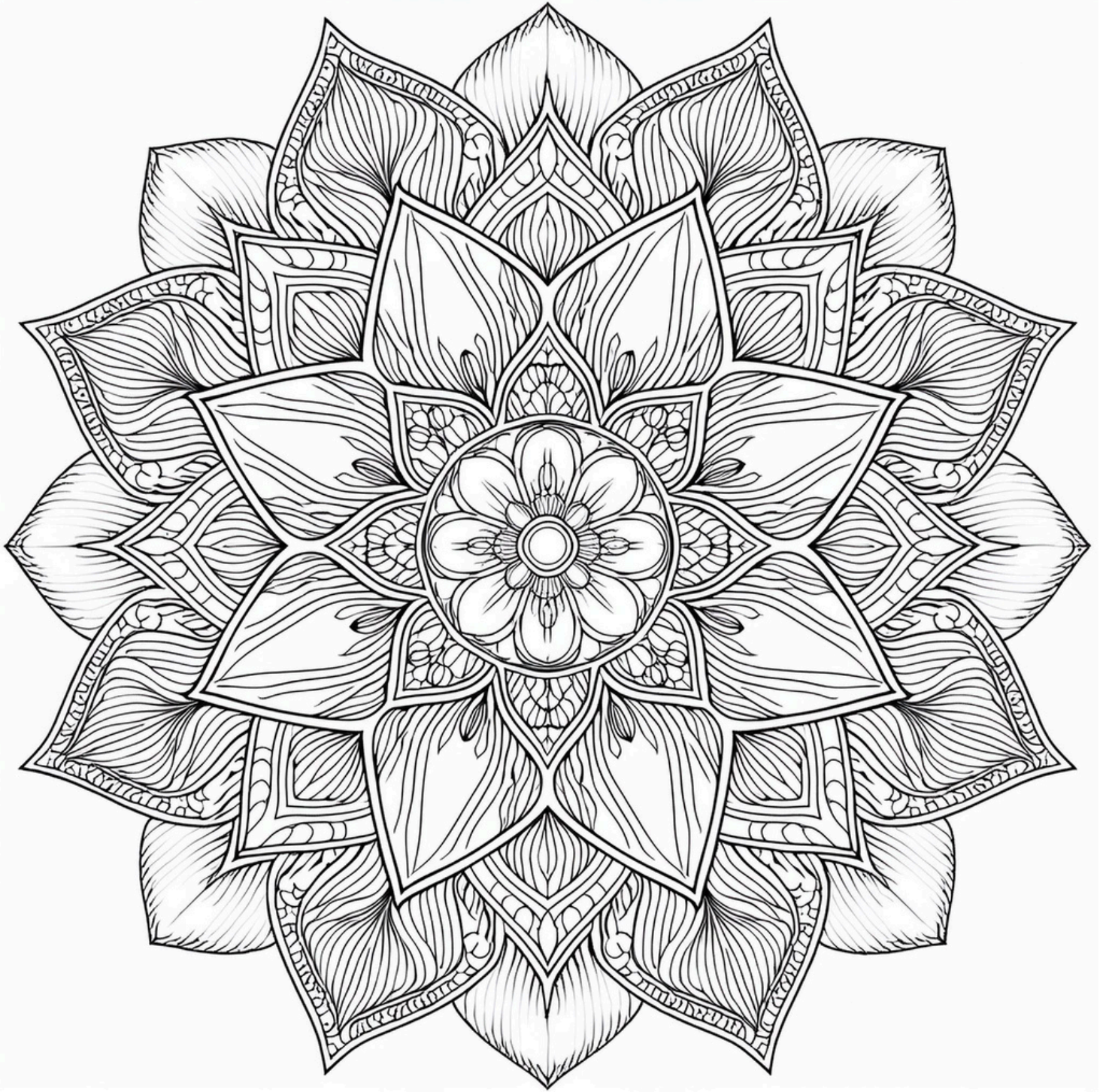
**"I am learning to thrive with what I have"**





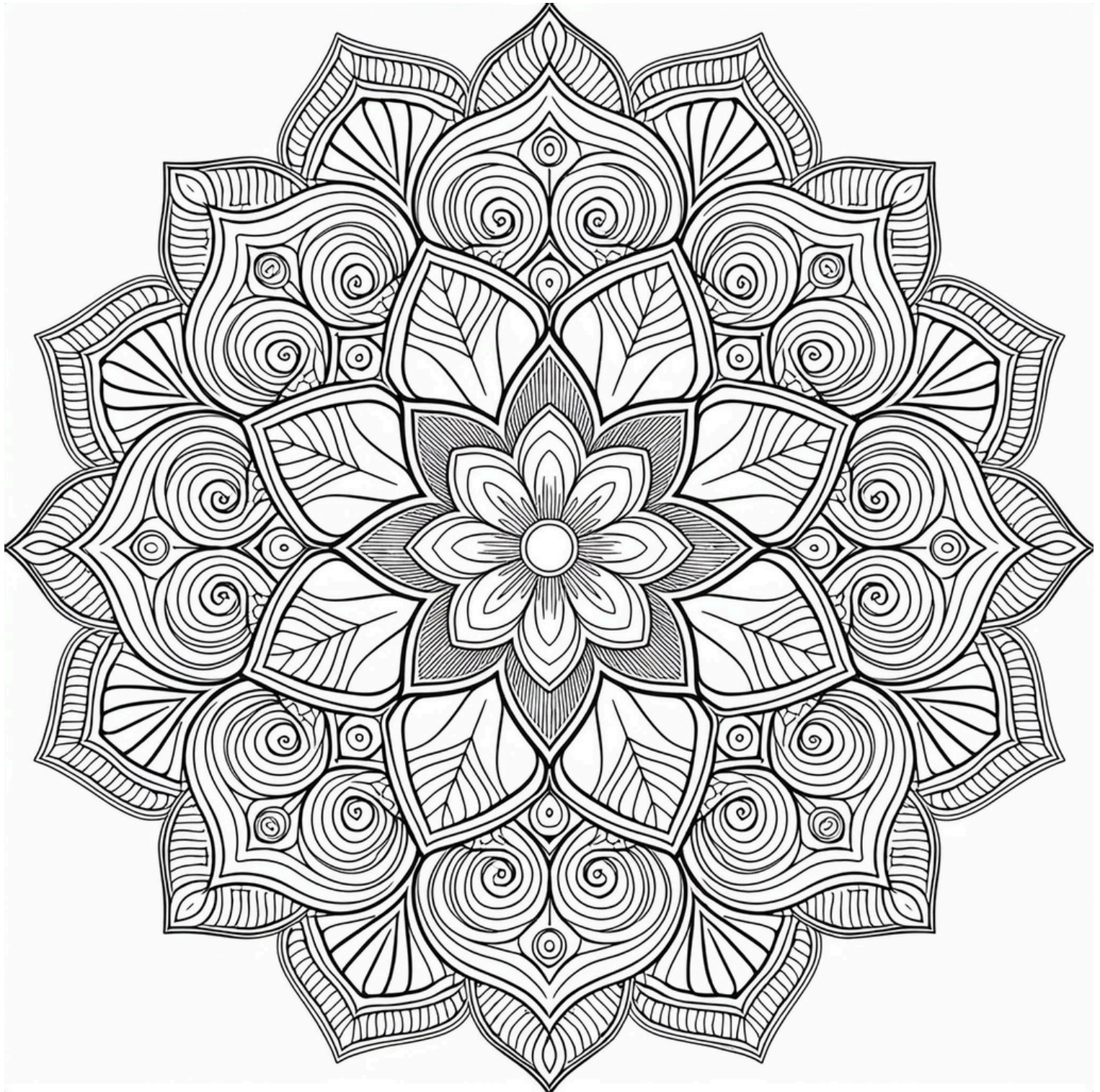
**"My journey is uniquely mine, and that's  
okay"**





**"I am a warrior, navigating life  
with courage"**





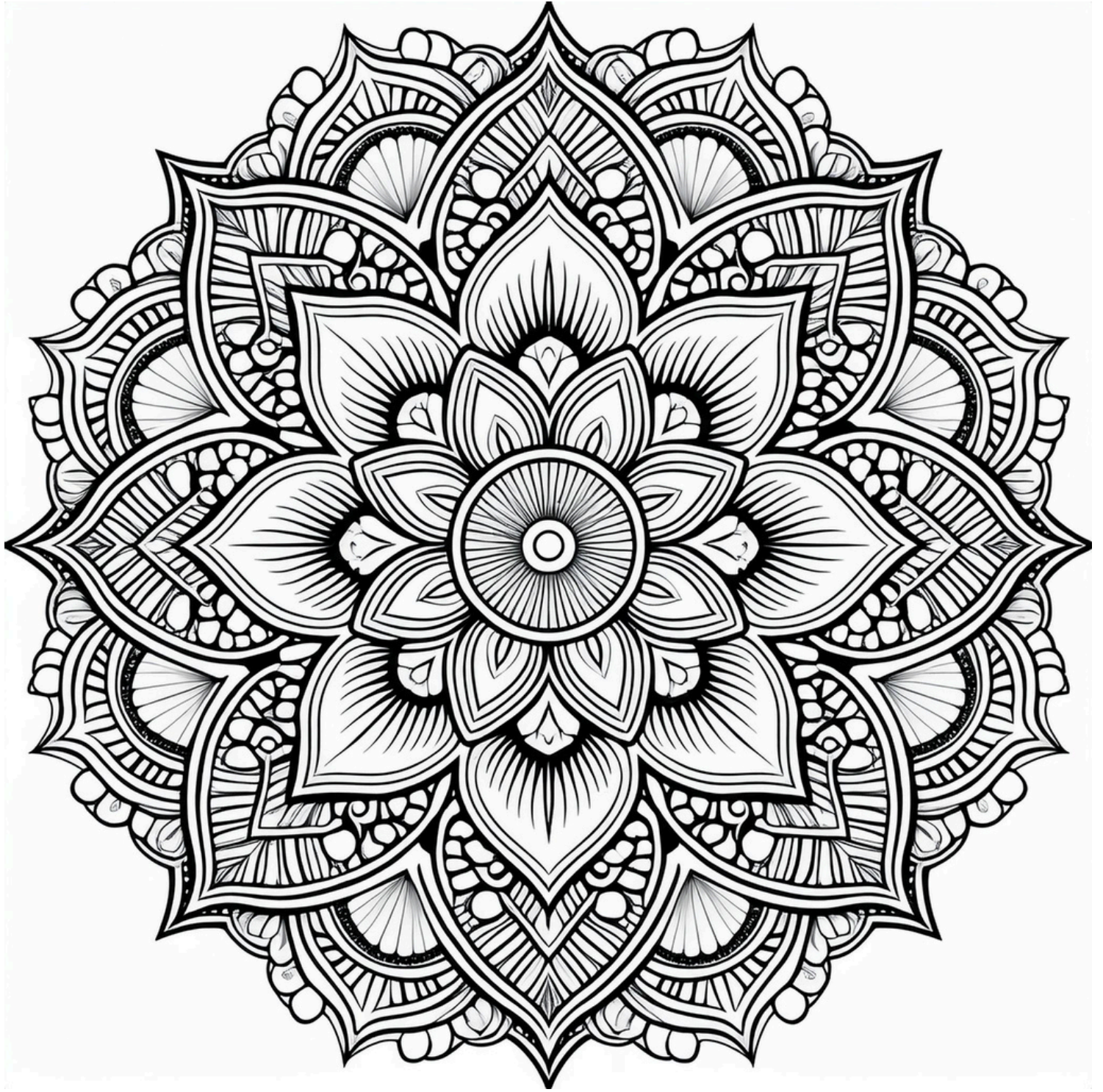
**“I choose to focus on what I can control”**





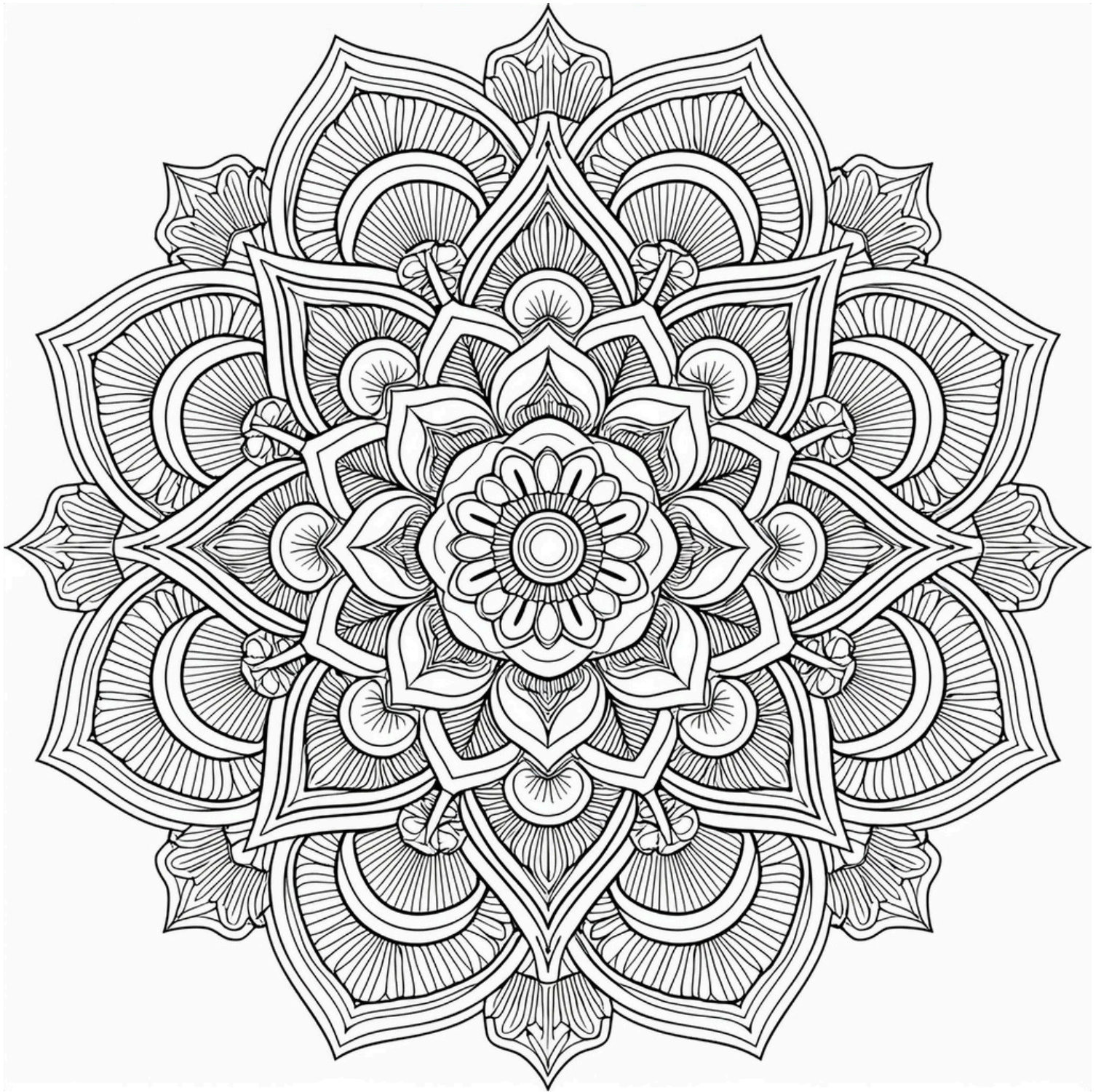
**"I release what no longer serves me"**





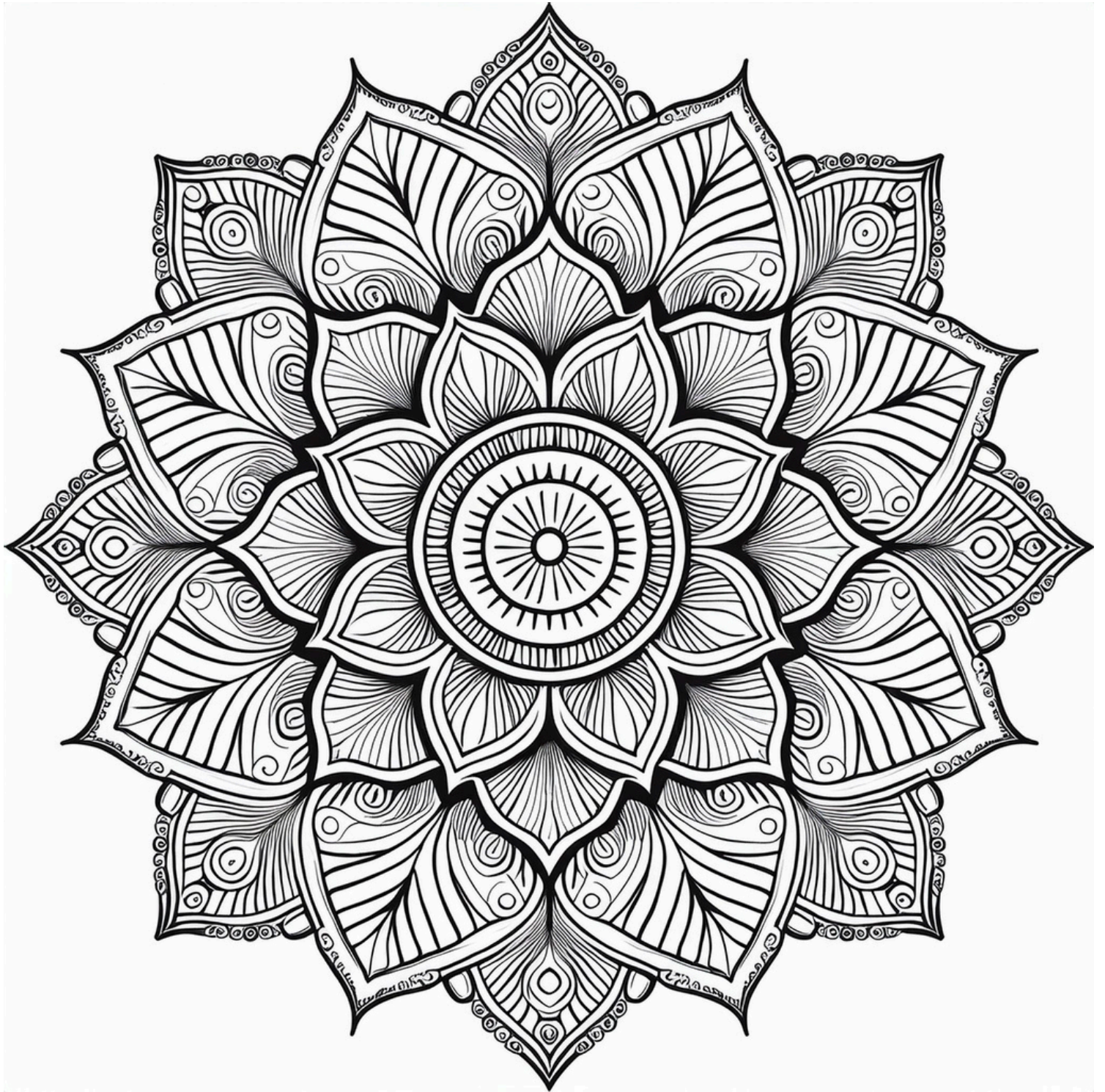
**"It's okay to ask for help when I need it"**





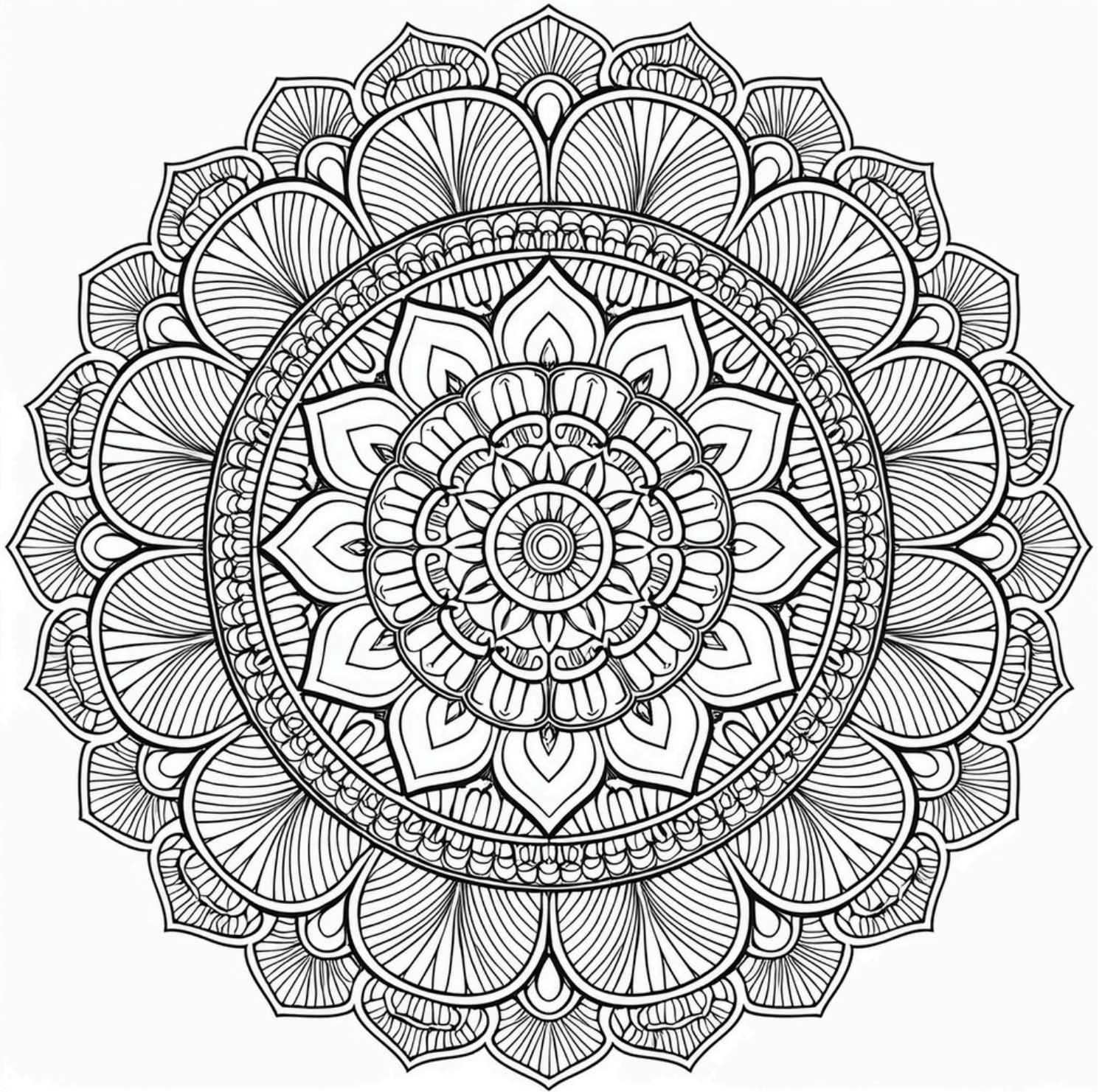
**"I am not defined by others'  
understanding of my condition"**





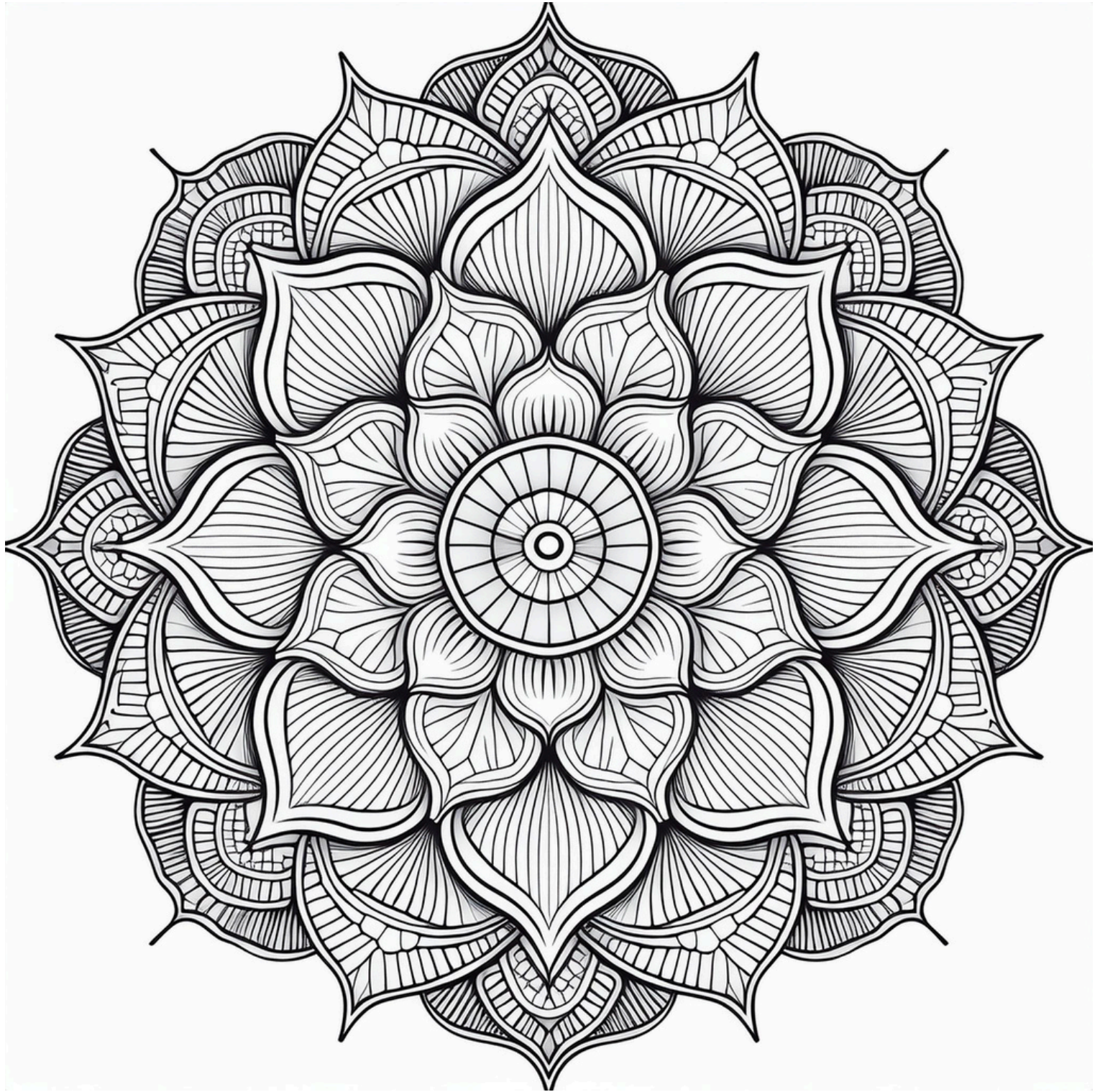
**“I create my own path to wellness”**





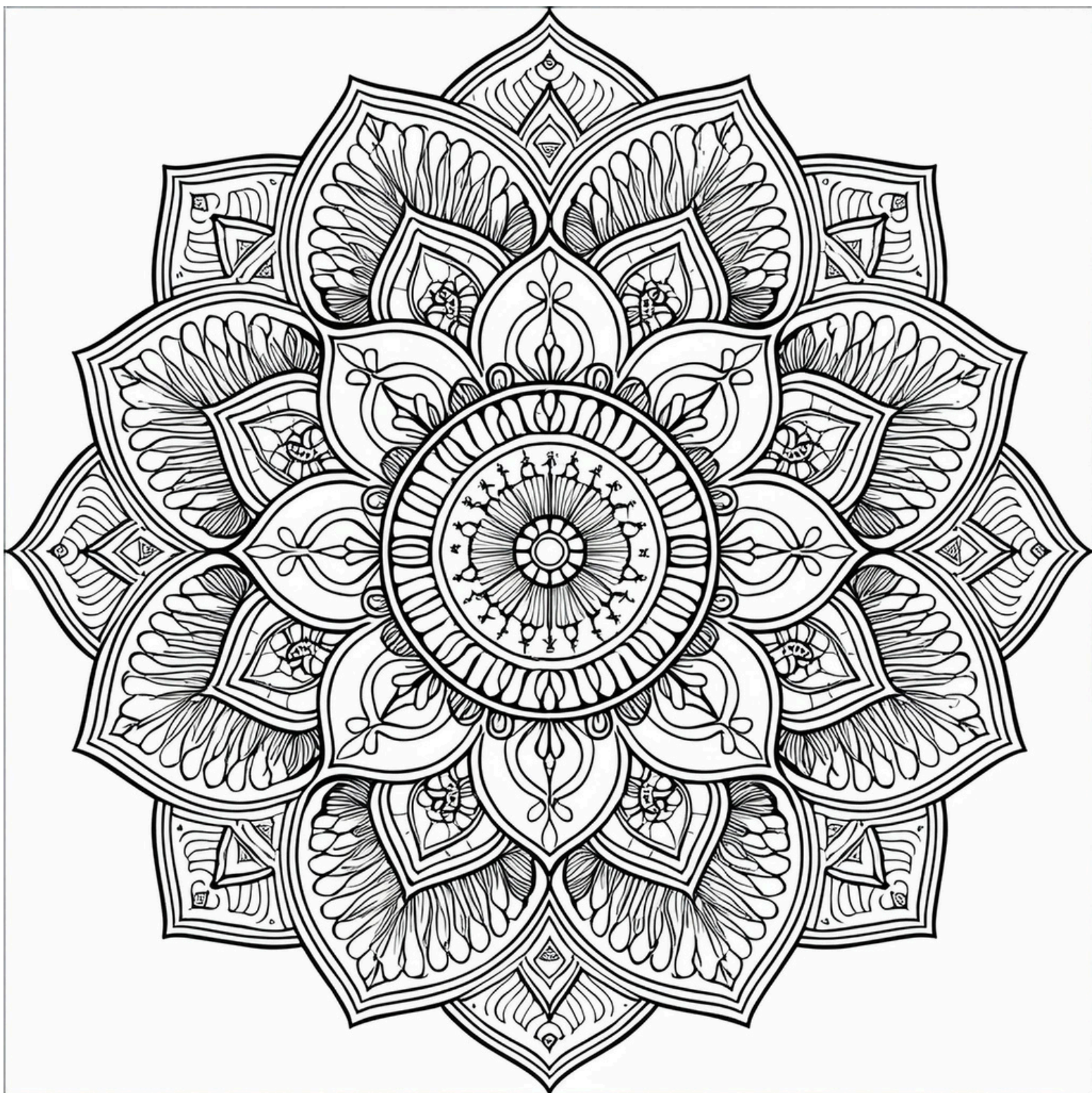
**“I am allowed to set boundaries to  
protect my health”**





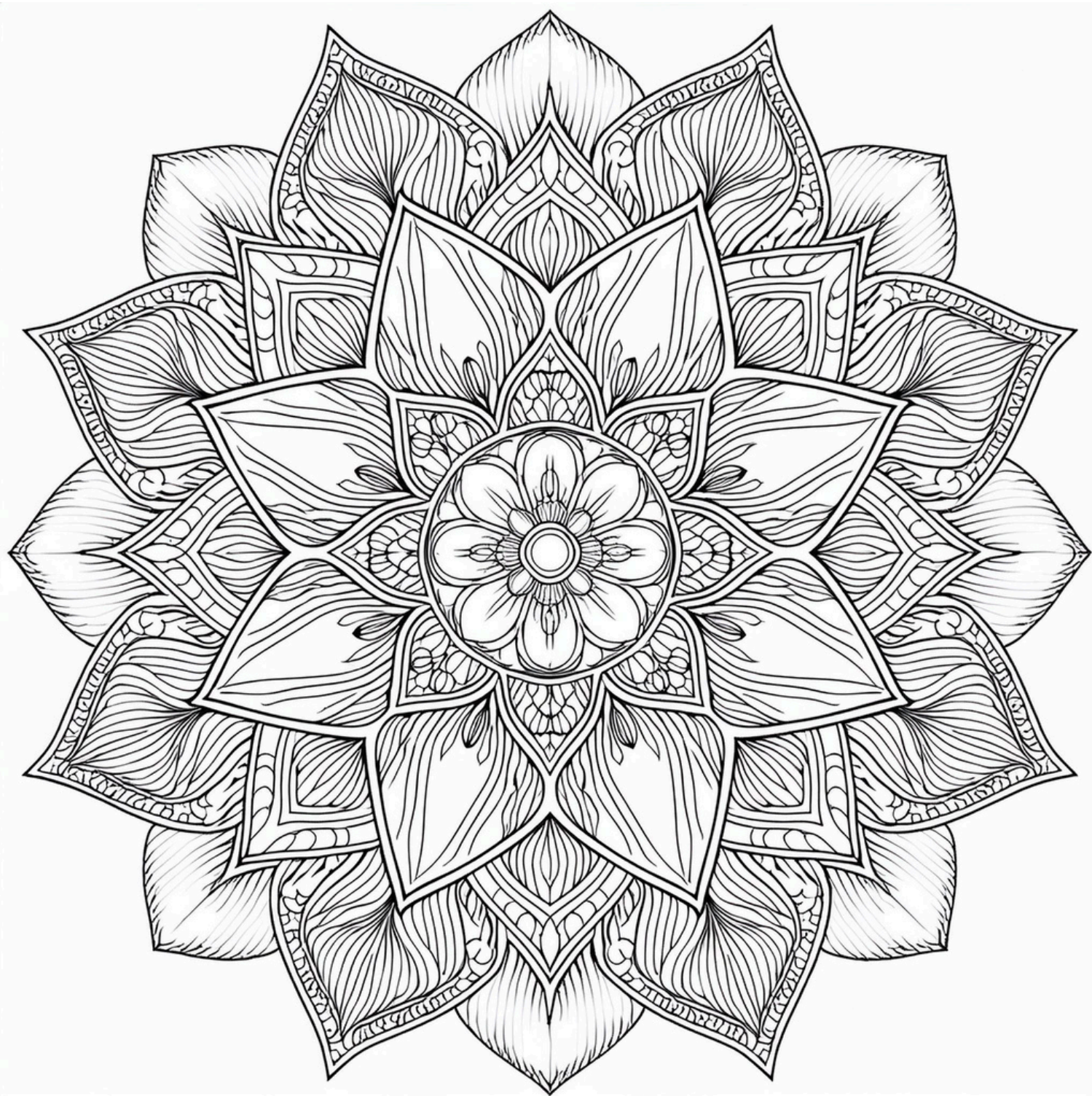
**"I trust my ability to advocate  
for myself"**





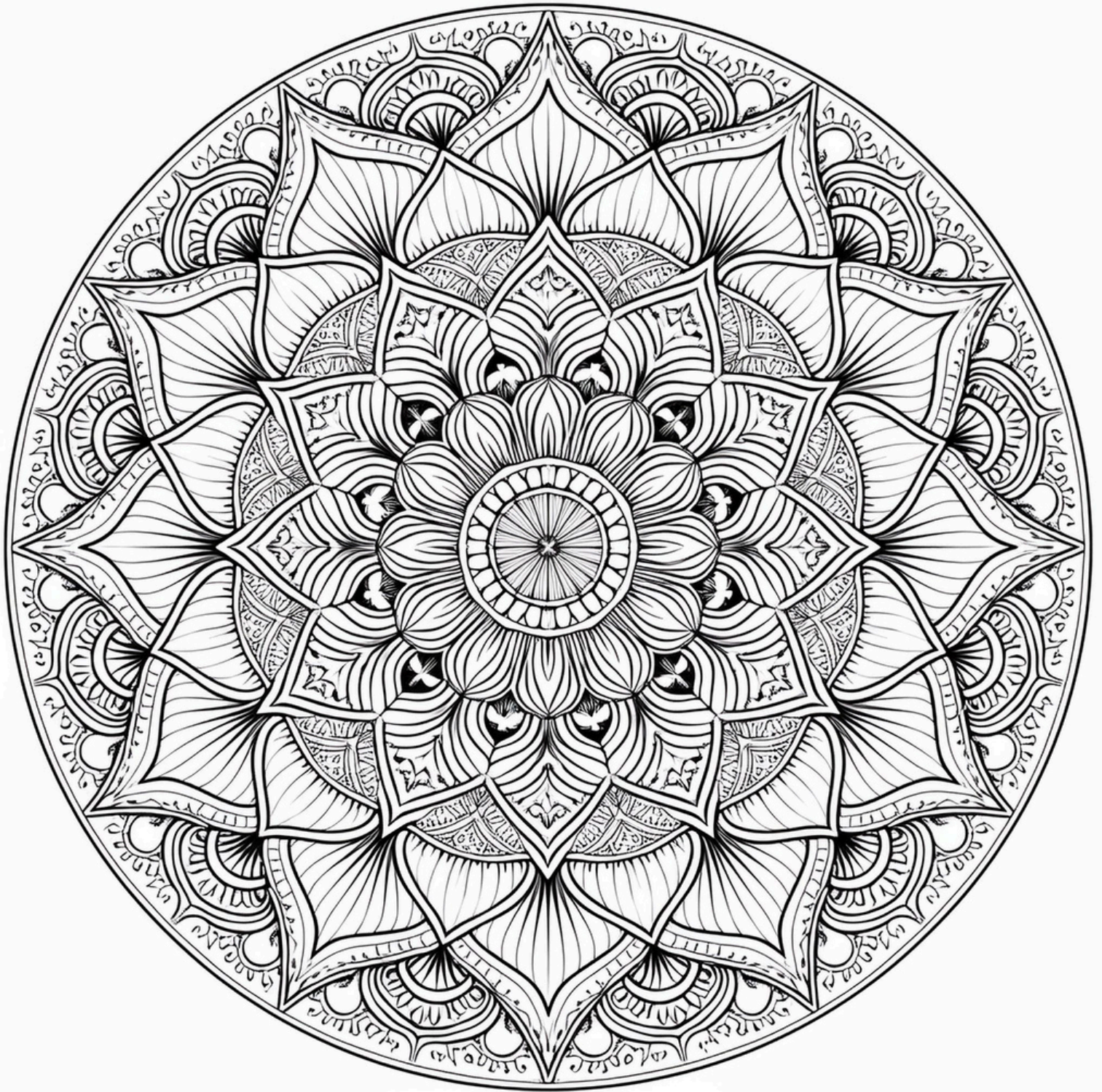
**“I am deserving of kindness, including  
from myself”**





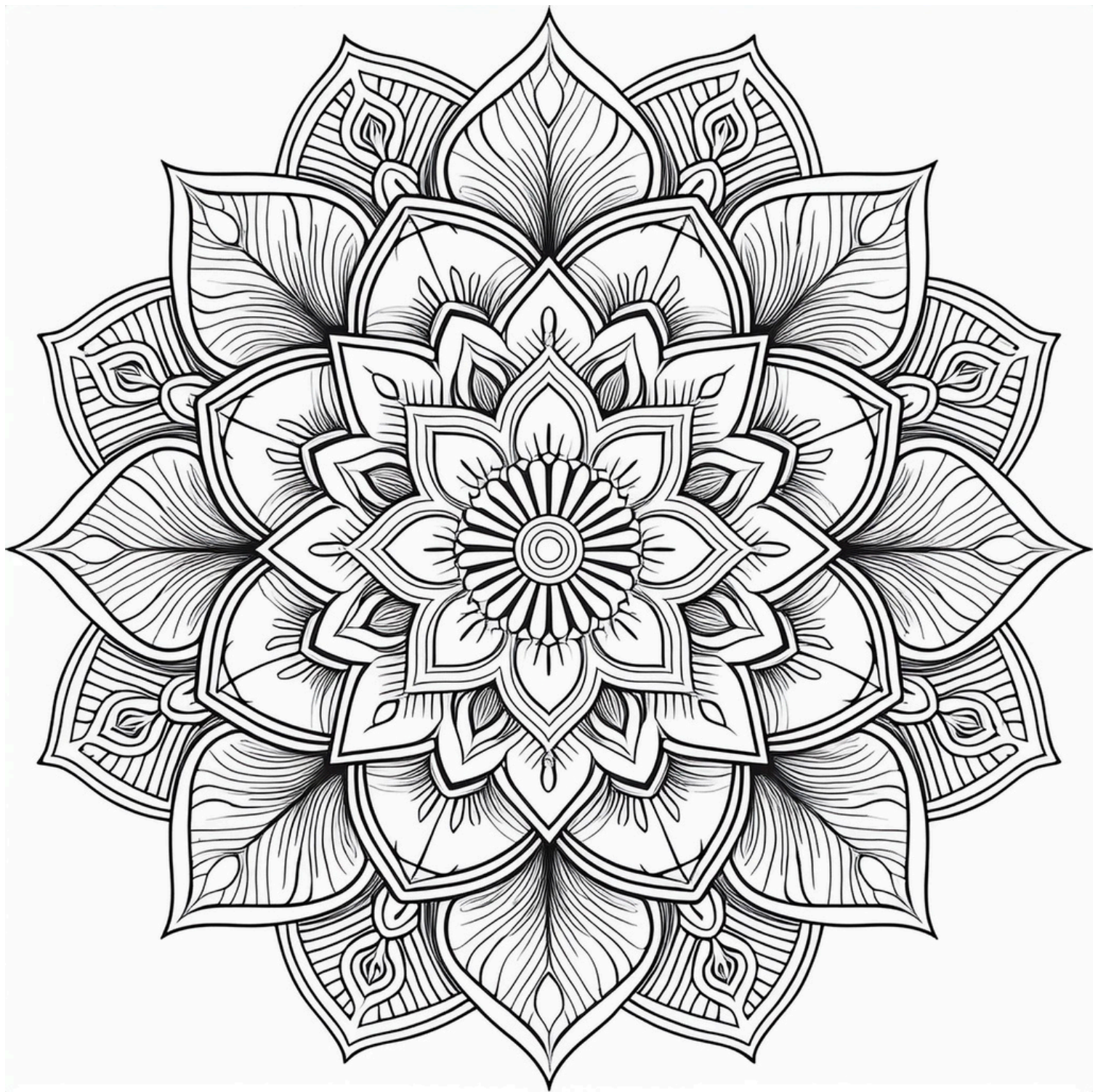
**"I am adaptable and resourceful in  
overcoming challenges"**





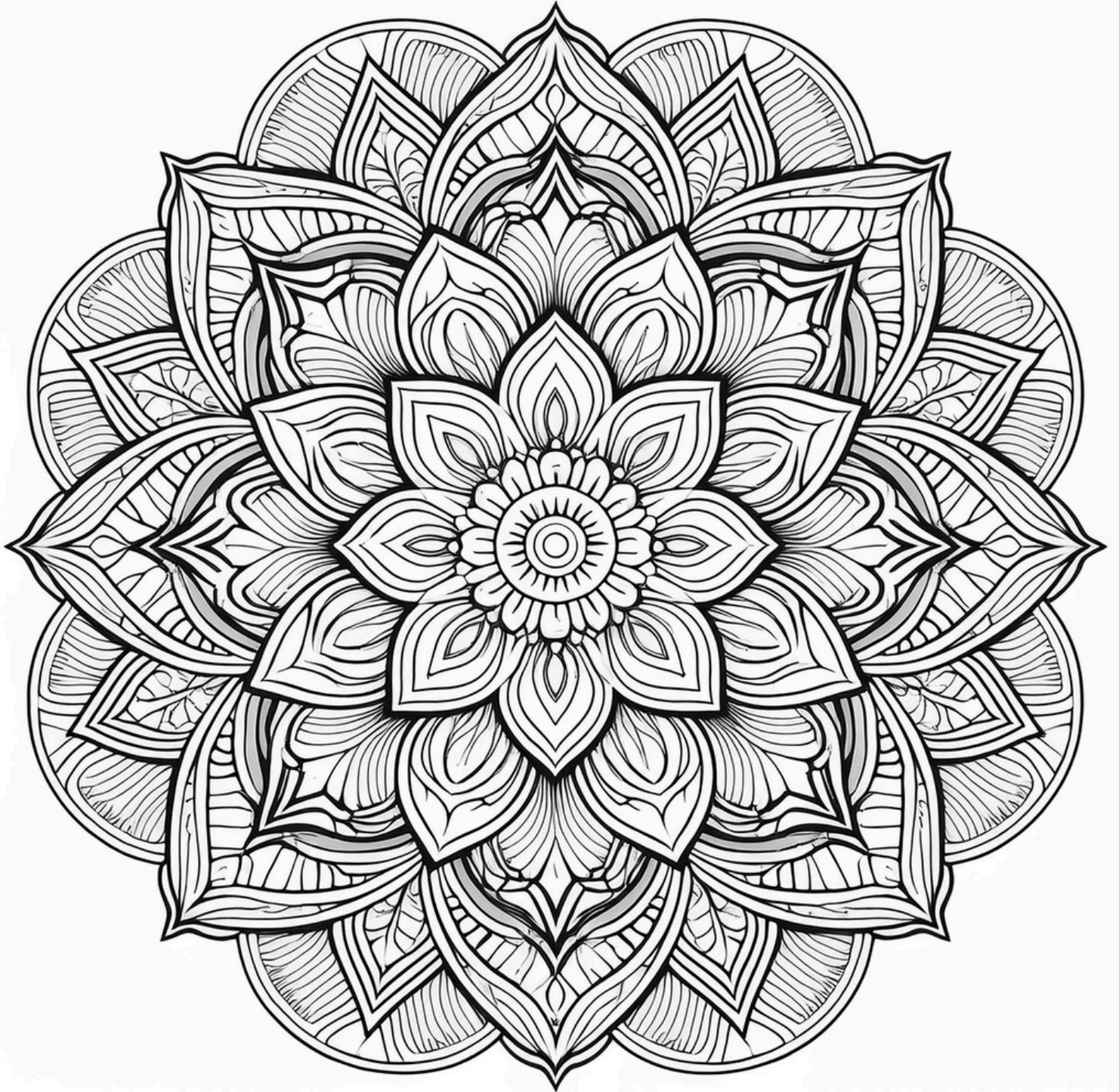
**"My body works hard for me, and I  
appreciate its efforts"**





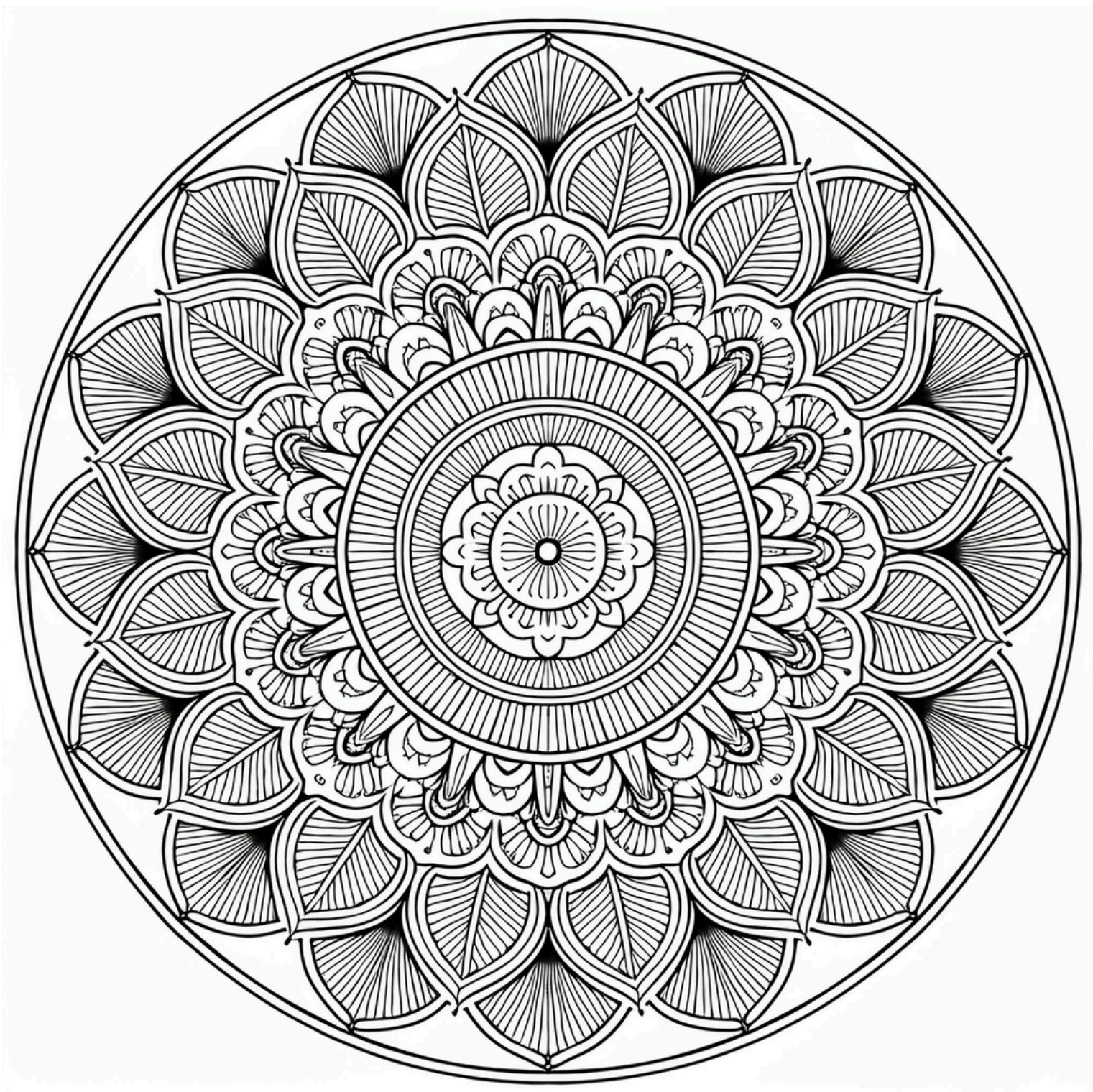
**“I am brave, even when it feels hard”**





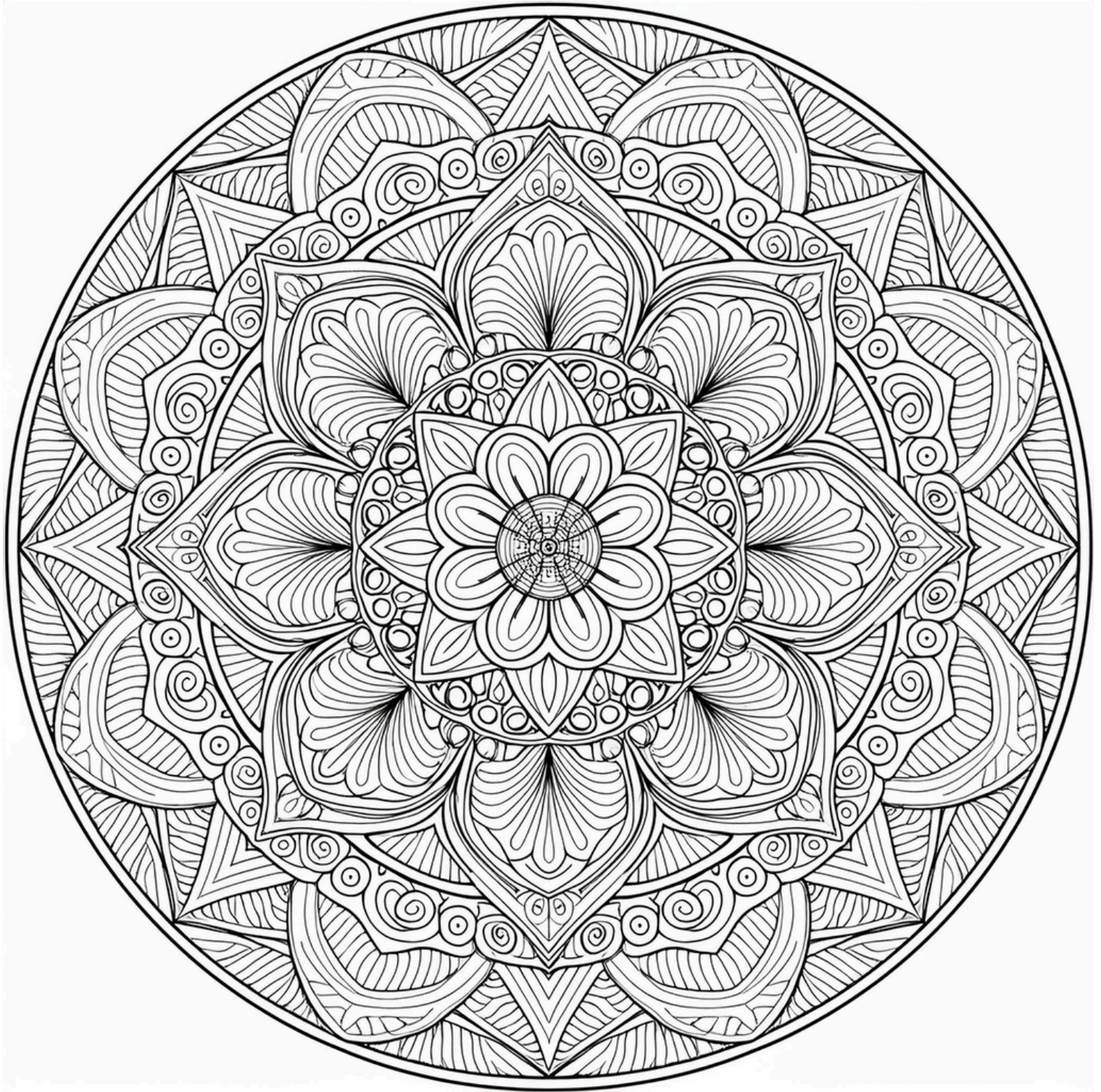
**"I focus on what feels good in  
this moment"**





**"Healing is a journey, not a destination"**





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





**"I am doing my best, and that is enough"**

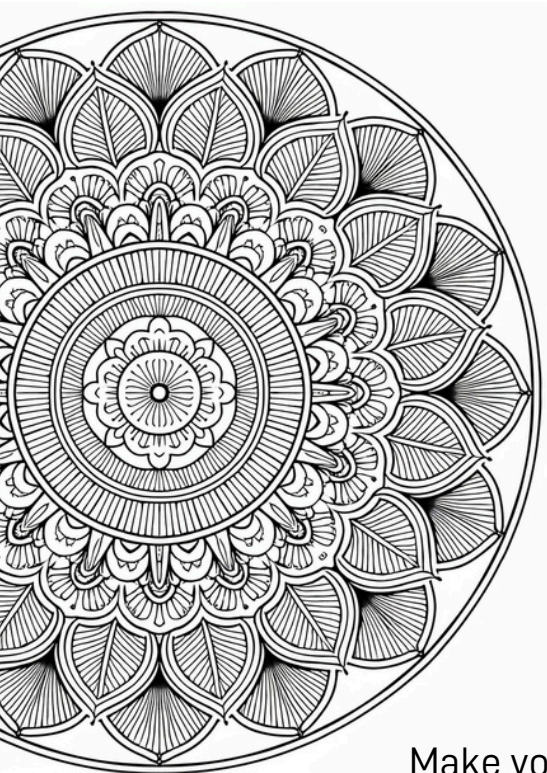


## With thanks

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.

