

EMBRACE YOUR

AWARENESS

MINDFUL
COLOURING

WWW.THEANXIETYWELLNESSQUEEN.COM

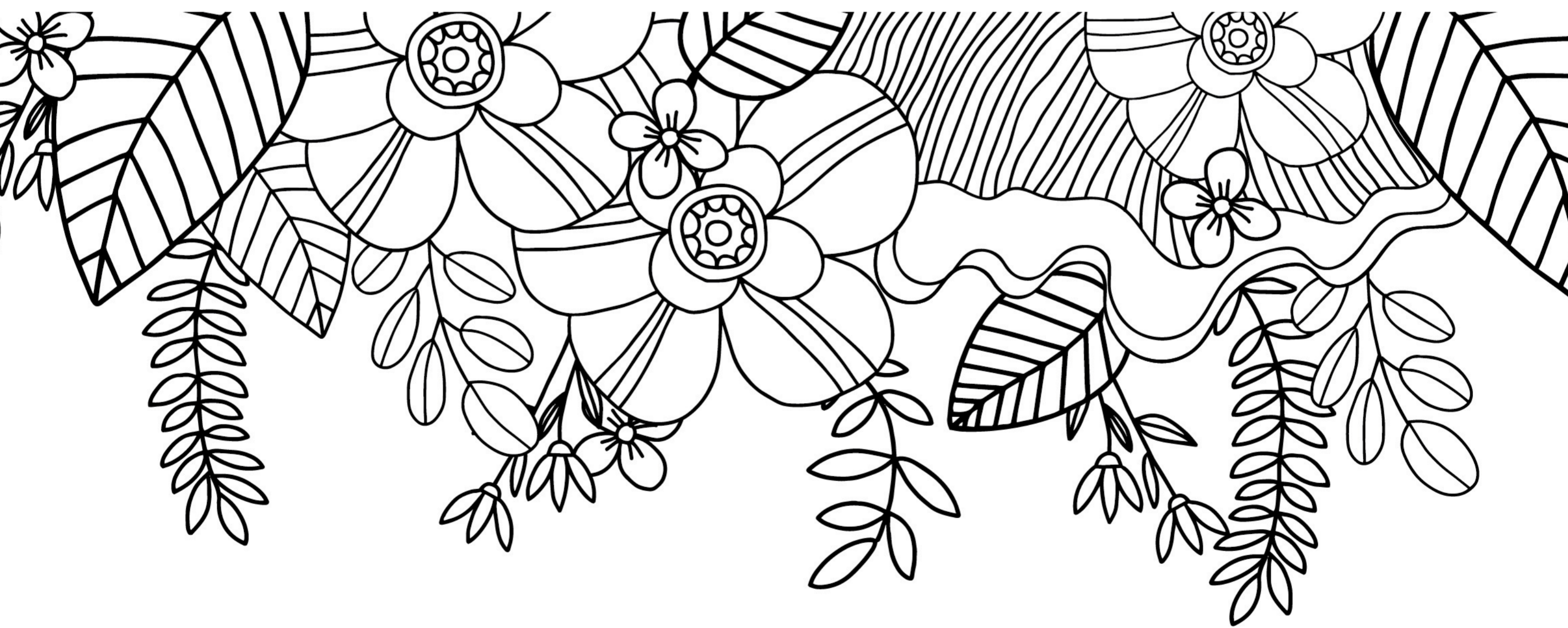


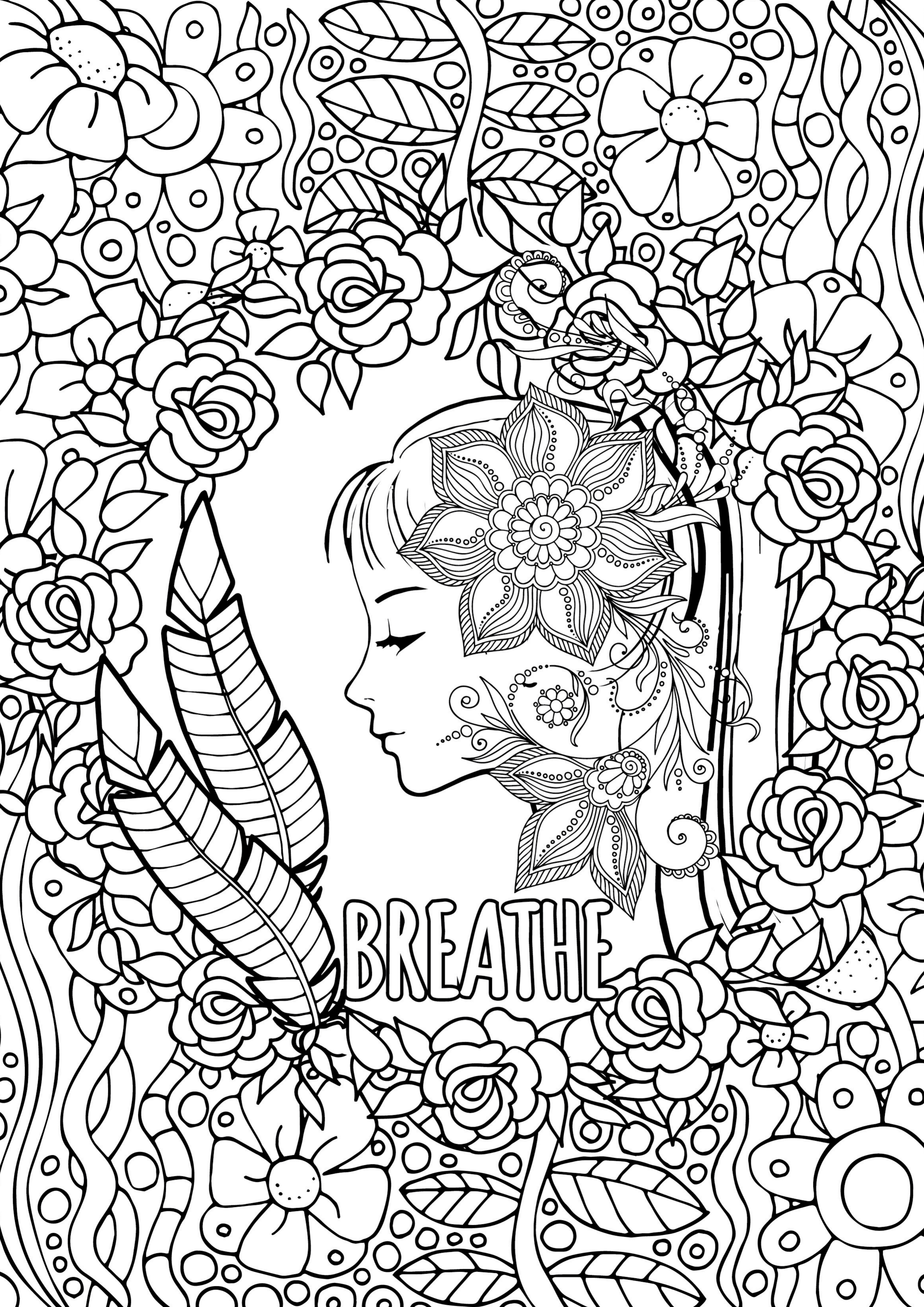
**I inhale
confidence**

**I exhale
all my fears**



Breathe in courage
Exhale your Fears





BREATHE