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The Wellbeing Journal Creative Activities to Inspire

MIND

Keynote

Creativity and reflection can have a powerful, positive influence on our lives. Now, with *The Wellbeing Journal*, you can enjoy practising these skills every day and wherever you go.

Description

Explore your inner world and be inspired with *The Wellbeing Journal*.

Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and it includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences.

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Sales Points

- Supported by Mind, the mental health charity
- Publication coincides with Mental Health Awareness Week (8-14 May)
- Travel-sized with rounded corners and foil cover
- Illustrated throughout in full colour
- All author royalties from the sale of this book will be donated to Mind

Reviews

- 'gorgeously uplifting...you'll be feeling tip-top in no time, *all the time*' - *Sunday Mirror Notebook Magazine*

Author Biography

Mind, the mental health charity, believes that no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner.