

## The Healthy Coping Colouring Book And Journal Creative Activities To Help Manage Stress Anxiety And Other Big Feelings Colouring Books

Stressed out by exams? Then the exam stress gremlin is in town! Exam fears and worries are his favourite foods, and the more of these you feed him, the bigger he gets and the more stressed you become. But he can be stopped! Starve him of stress-related thoughts, feelings and behaviours and feel him and your stress fade away! Part of the award-winning Starve the Gremlin series and full of engaging activities, this self-help workbook explains what exam stress is, how it develops and the impact it can have - providing the reader with an understanding of their own exam stress. Rooted in cognitive behavioural therapy, it is also bursting with strategies to help the reader manage their exam stress by changing how they think and act. Starving the Exam Stress Gremlin can be completed independently by young people aged 10+ or with supervision, and with exam stress on the rise among our young people, this invaluable resource will also be of interest to school counsellors, teaching staff, youth workers and social workers and parents.

"This book will help you understand what is happening to your mom or dad who goes to jail..." Ideal for use with children aged 6-11, this is an invaluable resource for supporting the wellbeing of children whose parent is incarcerated. It explains what jail is like and why some people have to go there, while reassuring children that their parent loves them, is safe, and is working hard to come home again. Included are activities to help children manage their feelings, tips for parents and professionals on how best to support them, and a list of resources for additional help and information.

As young people are exposed to more and more pressure at school, exam stress comes hand in hand. This workbook, a fun and interactive resource aimed at children and teens aged 10 and over, offers teachers, other professionals and parents tried and tested techniques to support young people's wellbeing through revision and exams. Applying a cognitive behavioural framework, it will help pupils to consider academic stress in terms of thoughts, feeling, body sensations and behaviour. Strategies encompass managing a child's lifestyle, namely exercise and diet, tried and tested CBT techniques, relaxation, positive self-talk and thought challenging, and other psychological methods such as mindfulness. Chapters will look at the day of the exam itself, evaluate stress in children with special educational needs and provide practical advice for parents as to how they can most successfully support their child. With photocopyable resources to use with the young person and suitable for either individual use or group work, Supporting Kids and Teens with Exam Stress in Schools will guide parents, teachers, tutors, therapists and other supporting adults to conquer students' fears, improve exam performance and, perhaps most important of all, maintain a work-fun balance in young people's lives.

My school day looks more like a prison sentence. There's a maths test later, and I'm rubbish at maths. I've even left my English homework on the kitchen table and that means trouble with Mr Tinns. School can be a difficult and stressful place for a child, and sometimes they just need a little bit of help to manage it all. That's where Arty comes in. He's an inner coach, here to help each child achieve their very best. Offering children a creative way of helping to manage their own worries, Arty will help show children that they're not alone in their struggles and that they always have choices, even when stuff happens that they don't like. With practical guidance for parents and teachers on how to use the book and specific coaching activities, it is perfect for children aged 8-12, especially those who have a fear of failure.

Full of creative activities, this journal and colouring book aims to help young people aged 8-14 manage difficult thoughts, feelings and emotions such as anger and anxiety. It includes space to write and draw, colouring pages, inspirational quotes and poems, and provides a host of healthy coping strategies.

Brené Brown beschrijft in De moed van imperfectie hoe moed, compassie en verbondenheid een belangrijke plek in je leven kunnen krijgen. Op basis van haar jarenlange studie kwam ze tot tien stellingen over een `bezielde leven : leven vanuit het gevoel dat je de moeite waard bent. Op haar eigen, eerlijke, warme en grappige manier moedigt ze de lezer aan om perfectionisme te laten varen, stress als leefstijl los te laten, te vertrouwen op intuïtie en creativiteit de ruimte te geven. Dit boek gaat over de levenslange reis van `Wat zullen anderen wel niet denken? naar `Ik ben goed genoeg . `Brené Brown pakt moedig alle duistere emoties aan die de weg naar een voller leven belemmeren. Lees dit boek en wordt aangestoken door haar moed. Daniel H. Pink 'Mijn nieuwe Super Soulmate. Oprah Winfrey

Zoals elke maandagochtend is het druk in de trein. Plotseling is er paniek. Een man krijgt een hartaanval. Helaas komt de hulp te laat; tot verbijstering van de passagiers sterft het slachtoffer. De levens van drie vrouwen veranderen abrupt door deze tragedie. Karen is de geschokte weduwe. Hoe moet zij het haar kinderen vertellen? Haar beste vriendin Anna beseft nu dat ze dringend met haar partner moet praten over zijn drankprobleem. De derde vrouw is Lou, die niet langer de waarheid over haar seksualiteit wil verhullen. De week na die fatale treinreis worden Karen, Anna en Lou elkaars steun en toeverlaat.

Dit vuistdikke boek is een compleet gereviseerde herdruk van Handboek meditatie ontspannen. Mindfulness is voor iedereen die zijn beperkingen wil overstijgen en naar een hoger niveau van gezondheid en welbevinden wil groeien. Dit boek laat zien hoe je op meditatie en yoga gebaseerde oefeningen kunt gebruiken om met meer aandacht in het nu te leven. Hierdoor kun je beter omgaan met de stress van alledag. Ontspanning, wijsheid en beheersing worden het uitgangspunt van je leven. `Gezond leven met mindfulness is een lezenswaardig en praktisch boek dat overtuigend laat zien hoe belangrijk meditatie is in ons dagelijks leven. Thich Nhat Hanh

"Is it easy to come home after being in jail?" Ideal for use with children aged 6-11, this is a vital resource for supporting the wellbeing of children whose parent is coming home after spending time in prison. Using plain language and photographs, it reassures children and guides them through adjusting to their parent's homecoming. It explains which feelings the child and both parents might experience and the different challenges that everyone in the family might face, while suggesting ways to build new bonds with the parent. Included are activities to help children manage their feelings, tips for parents and professionals on how best to support them, and a list of resources for additional help and information.

In Daar staat mij niks van bij komt Nora Ephron wederom met scherpe inzichten over het verleden, heden en toekomst. Ze gaat in op de moeilijkheden die het leven anno nu met zich meebrengt en haalt herinneringen op aan alles wat ze (nog) niet vergeten is. Ephron schrijft over het kiezen van een bepaalde levensstijl (in haar geval die van een razende reporter); over het verbreken van relaties met de mannen in haar leven en over haar haat-liefdeverhouding met e-mail. Vol met rake observaties is Daar weet ik niets meer van een genot om te blijven lezen. Van Nora Ephron verscheen eerder Wat baal ik van mijn hals en heeft vele filmscenarios geschreven waaronder When Harry met Sally, Heartburn en Sleepless in Seattle. Ze heeft ook de film Julie & Julia geregisseerd, gebaseerd op het gelijknamige boek van Julie Powell. Wat baal ik van mijn hals gaat over vrouwen en ouder worden. Maar laat deze twee kwalificaties je niet afschrikken. Ook mannen vinden dit boek leuk. Ook jonge vrouwen en zelfs: jonge mannen! Paulien Cornelisse This workbook has everything you need to achieve connected eating, body positivity and balanced exercise. It will help you stay well informed about how bodies change emotionally and physically in the teen years, and why good nutrition is critical for growth and development. It debunks any myths about diets and 'forbidden' foods and also gives you the tools

and strategies to avoid potential triggers of disordered eating. No Weigh! A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom will help you develop a lifelong healthy relationship with your food! We eat every day, so why not eat with pleasure, joy and happiness?

'Het wonderbaarlijke voorval met de hond in de nacht' van Mark Haddon is het hartveroverende, inmiddels klassieke verhaal om te lezen en te herlezen. Christopher, de detective in deze ongewone detectiveroman, is een vijftienjarige jongen met een vorm van autisme. Hij weet veel van wiskunde en weinig van mensen. Hij houdt van lijstjes, patronen en de waarheid. Hij houdt niet van de kleuren geel en bruin. Hij is in zijn eentje nooit verder geweest dan het einde van de straat, maar wanneer de hond van de buurvrouw vermoord blijkt te zijn, begint hij aan een reis die zijn hele wereld op z'n kop zet.

Autobiografie van de Finse kinderboekenschrijfster (1914-2001) over haar jeugd.

When faced with numerous responsibilities and tasks or the demands of an illness, relaxation colouring books may take a back seat in your life. But that means you might miss out on the health benefits of relaxation. Practicing relaxation techniques can reduce stress symptoms by: -Slowing your heart rate -Lowering blood pressure -Slowing your breathing rate -Reducing activity of stress hormones -Increasing blood flow to major muscles -Reducing muscle tension and chronic pain -Improving concentration and mood -Lowering fatigue -Reducing anger and frustration -Boosting confidence to handle problems To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends.

With 5 fun tales featuring merpeople, a rainbow wedding and a back-to-front horse, this captivating guide to LGBTQ+ identities takes you on a journey through Clear Sky Castle to promote inclusion for children aged 6 to 9. The interactive stories and games - including drawing, sculpting, word searches and quizzes - raise awareness of different kinds of families, as well as identities such as gay, lesbian, bisexual, transgender and non-binary, and teach acceptance for all. The resourceful 'Guide for Adults' at the end of the book offers advice, answers to activities throughout, and signposts to helpful organisations for the adult reading the book with the child.

When your parents tell you that they are getting divorced, you might have lots of big feelings - like anger, fear and sadness - and lots of questions too. This journal is packed full of activities that will help you work through these feelings and get your thoughts and questions out into the open. This journal from parenting expert Sue Atkins gives children aged 7+ a safe place to express their feelings about divorce and the resulting changes, so that they can start to understand them. Full of creative activities to help them process this life-changing event, it provides children with a source of strength and comfort through this challenging time, as well as giving them a way of sharing how they are feeling with a trusted adult.

The Healthy Coping Colouring Book and Journal Creative Activities to Help Manage Stress, Anxiety and Other Big Feelings

This journal will help kids feel more confident, relaxed and happy in all aspects of their life. Adorned with fun illustrations, it is designed to develop a can-do attitude that encourages 'having a go', accepting that mistakes might be made along the way. From this, kids can develop the mindset to take the small steps needed to make big dreams come true. Full of practical techniques and fun activities, from drawing and colouring, to thought-provoking questions, this journal from parenting expert Sue Atkins will empower children to build resilience and a growth mindset. It is the perfect tool to help kids find their superpowers and put small changes into practice that will make a big difference to their lives.

This is a guide to the emotional and interpersonal issues you may encounter as a young adult, packed with advice and real-life stories of hope and resilience from people in similar situations. This book will help you to gain an understanding of the influence of your early emotional experiences, and share tried-and-tested strategies, drawing on a range of psychological approaches and evidence-based strategies. This book also looks at how emotions can affect our relationships, with a focus on building empathy for others, getting what you want out of friendships and relationships and dealing with the hard parts like boundaries and saying no, making amends when needed, and recognising and breaking problematic relationship patterns. With personal stories and resources throughout, this is a guide to refer to as little or often as you like, helping you to understand your emotions and find the strategies that work best for you.

This manual offers care providers a unique combination of evidence-based methods for adult learning and coping strategy development when training clients individually or in groups. Coping strategies help clients to engage and thrive in meaningful self-care, as well as productive and leisure occupations. The coping strategies are divided into four categories: health and wellness routines, changing the body's response to stress, changing the situation, and changing attitudes. Each category contains four modules with client handouts for coping strategy training, including sleep hygiene, suicide safety planning, setting healthy boundaries, and cultivating gratitude. Every module contains a facilitator lesson plan, specific learning outcomes, and examples of expected client responses to ensure the learning is taking place. Occupational therapists and other care providers, both novice and experienced, will find this manual useful to improve efficiencies in practice and provision of meaningful teachings.

With bullying affecting approximately one in five children, and an increase in bullying on social media, it remains a frighteningly common issue for children growing up today. Written in a young adult fiction style, Be Bully Free gives the recipient of bullying direct and practical advice to help empower them and take back control of their situation. The advice is grounded in real world, everyday bullying scenarios and additional information is provided to help children in a range of well-being areas such as nutrition, exercise, sleep, anxiety and more, making the book a highly valuable resource for any child 11+ who is experiencing or has experienced bullying. Sections for families and schools are also included.

Brené Brown heeft de afgelopen twintig jaar onderzoek gedaan naar de emoties en ervaringen die betekenis geven aan ons leven, en werkte de afgelopen zeven jaar nauw samen met leiders en cultuurveranderaars over de hele wereld. Ze ontdekte dat allerlei bedrijfstakken, van kleine start-ups tot Fortune 50-bedrijven, met dezelfde vraag worstelen: 'Hoe ontwikkelen we moediger leiders en hoe verankeren we moed en durf in onze bedrijfscultuur?' In dit nieuwe boek combineert Brené haar onderzoeksresultaten met persoonlijke verhalen en voorbeelden om deze vraag te beantwoorden. Durf te leiden gaat over echt leiderschap: vanuit het hart en vol moed.

Featuring the most accurate, current, and clinically relevant information available, Maternal Child Nursing Care in Canada, 2nd Edition, combines essential maternity and pediatric nursing information in one text. The promotion of wellness and the care for women experiencing common health concerns throughout the lifespan, care in childbearing, as well as the health care of children and child development in the context of the family. Health problems including physiological dysfunctions and children with special needs and illnesses are also featured.

This text provides a family-centred care approach that recognizes the importance of collaboration with families when providing care. Atraumatic Care boxes in the pediatric unit teach you how to provide competent and effective care to pediatric patients with the least amount of physical or psychological stress. Nursing Alerts point students to critical information that must be considered in providing care. Community Focus boxes emphasize community issues, supply resources and guidance, and illustrate nursing care in a variety of settings. Critical thinking case studies offer opportunities to test and develop analytical skills and apply knowledge in various settings. Emergency boxes guide you through step-by-step emergency procedures. Family-Centred Teaching boxes highlight the needs or concerns of families that you should consider to provide family-centred care. NEW! Content updates throughout the text give you the latest information on topics such as perinatal standards, mental health issues during pregnancy, developmental and neurological issues in pediatrics, new guidelines including SOGC, and CAPWHN, NEW! Increased coverage on health care in the LGBTQ community and First Nations, Metis, and Inuit population NEW! Medication Alerts stress medication safety concerns for better therapeutic management. NEW! Safety Alerts highlighted and integrated within the content draw attention to developing competencies related to safe nursing practice.

De wereld knoeit met onze geest. De mate van stress en angst neemt toe. Een snelle, gejaagde planeet zorgt voor een snel en gejaagd leven. We zijn meer verbonden, maar voelen ons steeds eenzamer. En we worden aangemoedigd om ons zorgen te maken over alles, van de wereldpolitiek tot onze BMI. Na jaren van depressie en paniekaanvallen, werd het voor Matt Haig tijd om stil te staan. Hij ging op zoek naar de link tussen wat hij voelde en de wereld om hem heen.

Brené Brown beschrijft in haar boek wat het betekent om je kwetsbaar op te stellen in een wereld die gericht is op perfectionisme en het nemen van risico's zonder dat succes gegarandeerd is. Of het nu om werk, relaties of opvoeding gaat: het is eng en moeilijk om je kwetsbaar op te stellen, maar het is nog veel moeilijker om het niet te doen en jezelf af te blijven vragen: wat als ik het wel had geprobeerd? We verwachten van onszelf en van anderen dat we elke dag de schijn ophouden om anderen te laten zien hoe goed we alles voor elkaar hebben. Kwetsbaarheid is een emotie waar bijna niemand zich prettig bij voelt. We associëren het met onzekerheid en risico's. Toch zegt Brené Brown dat juist kwetsbaarheid de basis is van alle mooie dingen in het leven als liefde, vertrouwen en vreugde. Ze moedigt de lezer in De kracht van kwetsbaarheid aan om perfectionisme te laten varen, kwetsbaarheid en te omarmen en uitdagingen aan te gaan.

De vijftienjarige Phoebe vindt dat liefde maar voor losers is. Ze gaat er niet aan beginnen. Tenminste, dat denkt ze. Totdat ze Emma ontmoet, die al haar plannen en theorieën in de war schopt. Verliefdheid, dat is helemaal niks. Dat doe je jezelf toch niet aan? Maar Phoebe komt erachter dat het nou niet bepaald een keuze is in 'Liefde is voor losers', een LGBTQ Young Adult-boek in de traditie van Bridget Jones. De vijftienjarige Phoebe vindt dat liefde maar voor losers is. Ze gaat er niet aan beginnen. Tenminste, dat denkt ze. Totdat ze Emma ontmoet, die al haar plannen en theorieën in de war schopt. Vlijmscherp en hilarisch schrijft Phoebe haar kijk op het leven en wat haar overkomt op in haar dagboek. Ze is de volgende in een reeks sterke vrouwen als Bridget Jones en Georgia Nicholson, maar dan van nu. Wibke Brueggemann woont tegenwoordig in Londen, maar ze groeide op in Duitsland en de Verenigde Staten. 'Liefde is voor losers' is haar debuut.

The F\*\*k It Book : An Adults Colouring Book With Empowering Kickass Quotes For Days When You Just Think F\*\*k It CALM THE F\*\*K DOWN & LEVEL THE F\*\*K UP! OUR UNIQUE COLOURING BOOK DOES NOT JUST CALM YOUR MIND, IT ALSO EMPOWERS THE S\*\*T OUT OF YOU TO BE YOUR BEST SELF! Colouring is a form of meditation proven to reduce stress and relieve anxiety. ALL THE ANSWERS YOU NEED ARE WITHIN. BLOCK OUT THE NOISE, QUIET YOUR MIND AND ELEVATE YOUR LIFE. FOR ADULTS

ONLY. Congratulations for being one of few that have decided to say f\*\*k it. We call it ultimate freedom. Remember you can be kind as f\*\*k and still say no. You don't have to choose or light yourself on fire to keep others warm. We can not give what we do not have. So fill yourself up here, calm your mind. Get inspired and elevate your life. Freedom begins when you decide to say f\*\*k it! We hope you have as much fun with this book as we did creating it, ? Love Liz x ? Did You Know.... ? People who use a lot of swear words are said to be more honest and trustworthy. A study published in the journal Social Psychological and Personality Science concluded "profanity was associated with less lying and deception at the individual level." ? A study co-authored by Richard Stephens, a senior lecturer in psychology at Keele University, discovered that swearing can increase our ability to withstand pain. So when we drop something on our toe and shout a swear it will likely help us tolerate the pain better! ? The best health benefits of swearing include increased circulation, elevated endorphin, and serotonin levels, and an overall sense of calm, control, and well-being. \* Swearing can at times spark our inner creativity. and boost our inspiration and motivation. ? This coping mechanism, although far from a great one, can serve to increase our sense of self esteem, when it seems deflated, threatened or attacked. This in turn helps to build our inner resilience, and confidence in the midst of perceived tension and stress. ?

Colouring calms down the busiest of minds. Thanks to its basic, repetitive motions, colouring engages parts of the cerebral cortex while relaxing the amygdala, the brain's fear centre. A group of college students participated in one of the few studies of the mental health impacts of colouring. The students were instructed to write about something frightening (to spike anxiety levels). Then they were assigned to one of three activities: colour a blank page, colour a plaid design, or colour an intricate circular pattern called a mandala. Those who coloured the plaid design or the mandala were less anxious than those who had a blank page. For maximum meditative benefits, we should completely immerse ourselves. We can do this by concentrating on the many sensations: What does the crayon feel like between our fingers? How does it smell? How would we describe the exact shade you've chosen? So, all in all, occasional swearing is not all bad and in fact may be even be good for our health by making us feel better, at least in the moment. Especially when teamed with mindful colouring! The trick is to make sure it isn't excessive, and that our swearing is not coupled up with anger, or another extreme negative emotion, as that can be very detrimental to our overall well being, and to others near us, possibly negating all of the potential health benefits described above. I highly recommend it for 'Self-Talk'. It gifts us instant empowerment and no one else can hear it!

The Fuck It Book : An Adults Colouring Book With Empowering Kickass Quotes For Days When You Just Think Fuck It - By Best Self Academy CALM THE FUCK DOWN & LEVEL THE FUCK UP! OUR UNIQUE COLOURING BOOK DOES NOT JUST CALM YOUR MIND, IT ALSO EMPOWERS THE SHIT OUT OF YOU TO BE YOUR BEST SELF! Colouring is a form of meditation proven to reduce stress and relieve anxiety. ALL THE ANSWERS YOU NEED ARE WITHIN. BLOCK OUT THE NOISE, QUIET YOUR MIND AND ELEVATE YOUR LIFE. FOR ADULTS ONLY. Congratulations for being one of few that have decided to say fuck it. We call it ultimate freedom. Remember you can be kind as fuck and still say no. You don't have to choose or light yourself on fire to keep others warm. We can not give what we do not have. So fill yourself up here, calm your mind. Get inspired and elevate your life. Freedom begins when you decide to say fuck it! We hope you have as much fun with this book as we did creating it, ? Love Liz & Laurie x ? Did You Know.... ? People who use a lot of swear words are said to be more honest and trustworthy. A study published in the journal Social Psychological and Personality Science concluded "profanity was associated with less lying and deception at the individual level." ? A study co-authored by Richard Stephens, a senior lecturer in psychology at Keele University, discovered that swearing can increase our ability to withstand pain. So when we drop something on our toe and shout a swear it will likely help us tolerate the pain better! ? The best health benefits of swearing include increased circulation, elevated endorphin, and serotonin levels, and an overall sense of calm, control, and well-being. \* Swearing can at times spark our inner creativity. and boost our inspiration and motivation. ? This coping mechanism, although far from a great one, can serve to increase our sense of self esteem, when it seems deflated, threatened or attacked. This in turn helps to build our inner resilience, and confidence in the midst of perceived tension and stress. ? Colouring calms down the busiest of minds. Thanks to its basic, repetitive motions, colouring engages parts of the cerebral cortex while relaxing the amygdala, the brain's fear centre. A group of college students participated in one of the few studies of the

mental health impacts of colouring. The students were instructed to write about something frightening (to spike anxiety levels). Then they were assigned to one of three activities: colour a blank page, colour a plaid design, or colour an intricate circular pattern called a mandala. Those who coloured the plaid design or the mandala were less anxious than those who had a blank page. For maximum meditative benefits, we should completely immerse ourselves. We can do this by concentrating on the many sensations: What does the crayon feel like between our fingers? How does it smell? How would we describe the exact shade you've chosen? So, all in all, occasional swearing is not all bad and in fact may be even be good for our health by making us feel better, at least in the moment. Especially when teamed with mindful colouring! The trick is to make sure it isn't excessive, and that our swearing is not coupled up with anger, or another extreme negative emotion, as that can be very detrimental to our overall well being, and to others near us, possibly negating all of the potential health benefits described above. We highly recommend it for 'Self-Talk'. It gifts us instant empowerment and no one else can hear it!

If you're transgender, non-binary, or any other gender under the wide and wonderful trans umbrella, this book is for you. A creative journal and workbook with a difference, this book combines coloring pages celebrating trans identity, beauty and relationships, with practical advice, journaling prompts and space for reflection to promote self-affirmation and wellbeing. Drawing on CBT and mindfulness techniques, the book covers topics including body positivity and neutrality, coming out, euphoria and dysphoria, building new friendships and navigating relationships with your friends and family, and is the go-to resource for anybody who has ever felt the pressure to conform to a singular definition or narrative. Theo Nicole Lorenz's heart-warming and empowering illustrations of trans people will provide reassurance that you are never alone, and are a reminder to always treat yourself kindly.

Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore.

Outsmarting Worry teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

Eten biedt troost, althans tijdelijk. Maar achteraf hebben we vaak spijt van de reep chocola of de zak chips. Susan Albers beschrijft vijftig mindfulnessvaardigheden en technieken die je helpen om jezelf te troosten zonder eten.

This workbook draws on CBT and creative therapy methods to help children aged 8+ understand their worry and anxiety. Featuring 50 fun and engaging doodling activities, this book allows young people to tune into their worries and their sources, using creativity to process anxiety, and building confidence to find their own solutions. This exploration can be independently led by the child themselves or with guidance from a parent or professional. Drawn from over 15 years of experience of supporting young people with anxiety, this workbook takes an integrative approach and is a valuable resource for anyone looking to support a child experiencing worry.

In Over rouw, het boek dat Elisabeth Kübler-Ross kort voor haar dood voltooidde, gaan zij en haar coauteur David Kessler dieper in op de vijf stadia van rouwverwerking om mensen die om welke reden dan ook rouwen, te laten zien hoe ze de moed kunnen vinden hun leven voort te zetten. De auteurs schrijven over onder andere verdriet, dromen, isolatie, genezing, kinderen, en zelfs seks, en laten zien hoe het rouwproces het rouwen niet alleen zin, maar ook een helende kracht kan verlenen.

Coping with Loss, Dealing with Bereavement and the Stages of Grief: 25 Ways on How to Get Through the Bad Days Personal Journal and Colouring Book ABOUT THIS BOOK: You know how when grief overwhelms us, the 'Valley of the shadow' appears to be an endless and very dark place. All you really want is your loved one back. No one should live in a painful, draining and negative state. An unhappy mindset and attitude to life after a loss can only lead to a downward spiral and possibly depression. Coping with grief in a healthy way, will enable you to slowly but surely get your life back into a positive light. Acknowledge your loved ones contributions to your life, and the joy they brought to others. Consider how blessed you are for having known them and allow your light to shine once again. Your loved ones will always be a part of you, and nothing will change that. It is all about how you learn to cope with the grief, and to accept that they have moved on because, just like us, they are still part of a perfect and much bigger and grander plan. Whatever loss you suffer, this book has been produced to help you understand and process your grief. This keepsake combined colouring grief book journal contains 25 simple tips to help you, or someone you know, get through the bad days in the grief stages and beyond. Take time out to relax and reflect about your loved one in a positive and healthy way. Colouring images and writing is therapeutic, and part of creativity to focus your mind through the grief stages; and the healing process in the road to recovery and a new sense of normality. GOOD NEWS! You are invited to Jesus Christ "Great Feast" reunion with God and loved ones. Please read the bible chapters and verses: 1 Thessalonians 5:6 be ready to see your loved ones in Christ, very soon; Matthew 22:8-10; John 3:15-16 (eternal life); Acts 2:20-21; Romans 3:25 (faith in the blood), 10:9.

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family. This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

Packed full of creative activities and coping strategies, this journal and colouring book is the perfect companion when faced with difficult thoughts and feelings. Whether you are stressed out at home or school, or work feeling anxious or simply in need of some relaxation, this workbook provides a place for you to express your emotions. Put your own personal stamp on colouring, journaling and drawing activities and explore healthy ways of coping with difficult feelings such as anger and anxiety through inspirational quotes, poems and practical advice

Portable art therapy for the over-worked and over-stimulated adult, Portable Colour Me Fearless offers 70 colouring templates for grown-ups looking to reduce stress and tension in a demanding digital age.

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Being a muse to many artists around the world, designer and model, Manaka aka VoodouFairy, wondered how others could benefit from her images. When we are thinking about balance, color choices and applying colors to paper, coloring becomes therapeutic without being therapy, meditative without being meditation, creative without creation. Manaka invites you to escape yourself from the daily pressures of life through colouring. Explore healthy ways of coping with different emotional states while helping replace negative thoughts with positive ones. You will Love this Colouring Book. It offers: Stress Relieving Quotes - 12 unique messages of balance Beautiful Designs - 12 detailed illustrations with solid outlines to be coloured in with no fear of "going over the lines." Beautiful Artwork - 3 prints of artworks coloured in by 3 different artists for inspiration. The prints can also be pulled out, framed and used as wall art Suitable for All Skill Levels - Suitable for young and old alike. The book is also an invaluable resource for parents, carers, teachers and counsellors to use with those in their care. Use it as you feel intuitively inspired.

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