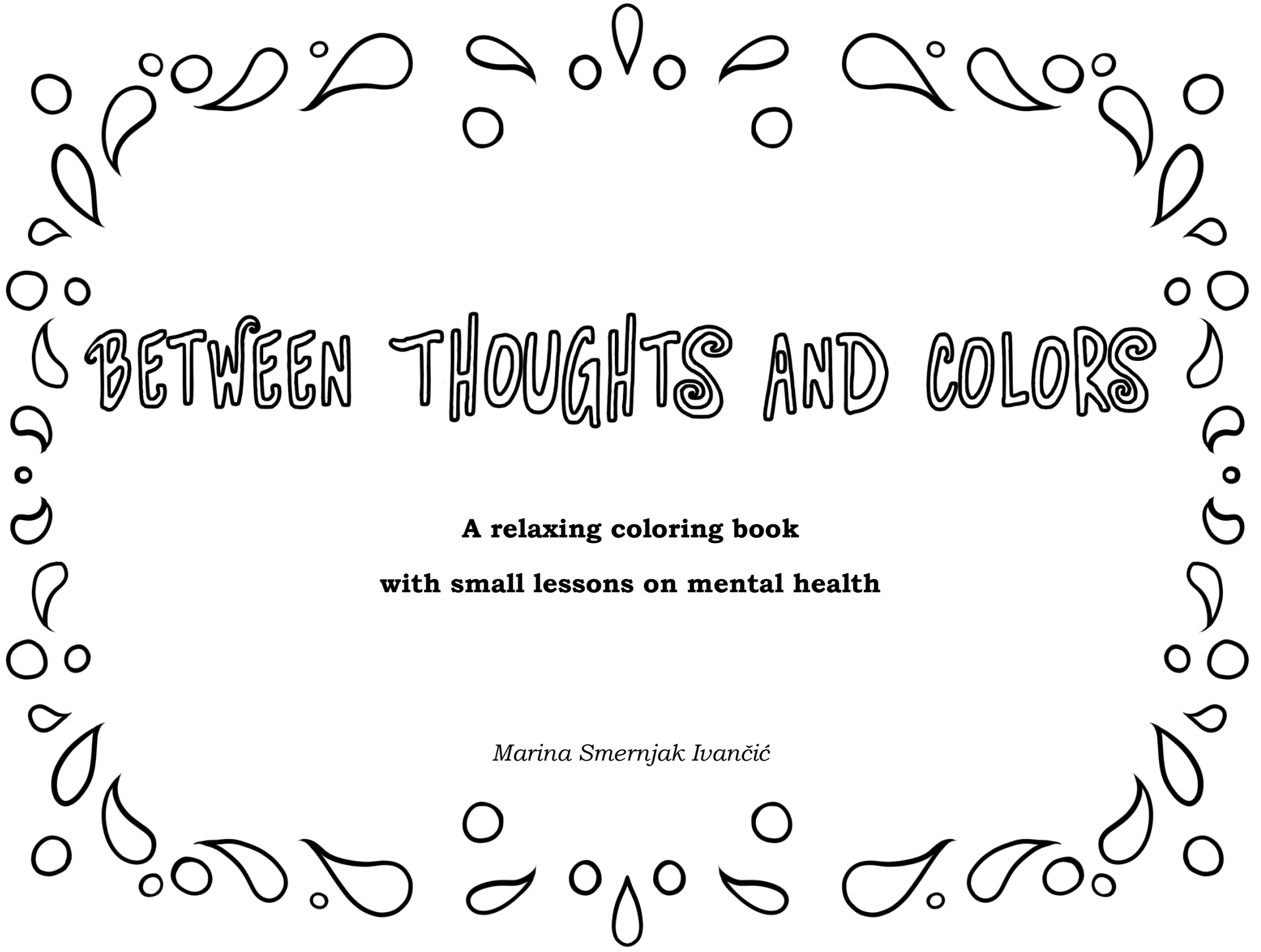




BETWEEN THOUGHTS AND COLORS

**A relaxing coloring book
with small lessons on mental health**

Marina Smernjak Ivančič



Welcome!

This coloring book is not just a space for creative expression; it is a small manual for self-care, filled with warm thoughts, short psychological insights, and simple exercises.

Coloring is more than a child's game—it calms thoughts, slows down breath, and helps us focus our attention on the present moment. When we add small lessons from psychology to that, we get a powerful tool for relaxation and strengthening mental health.

On each page, you will find:

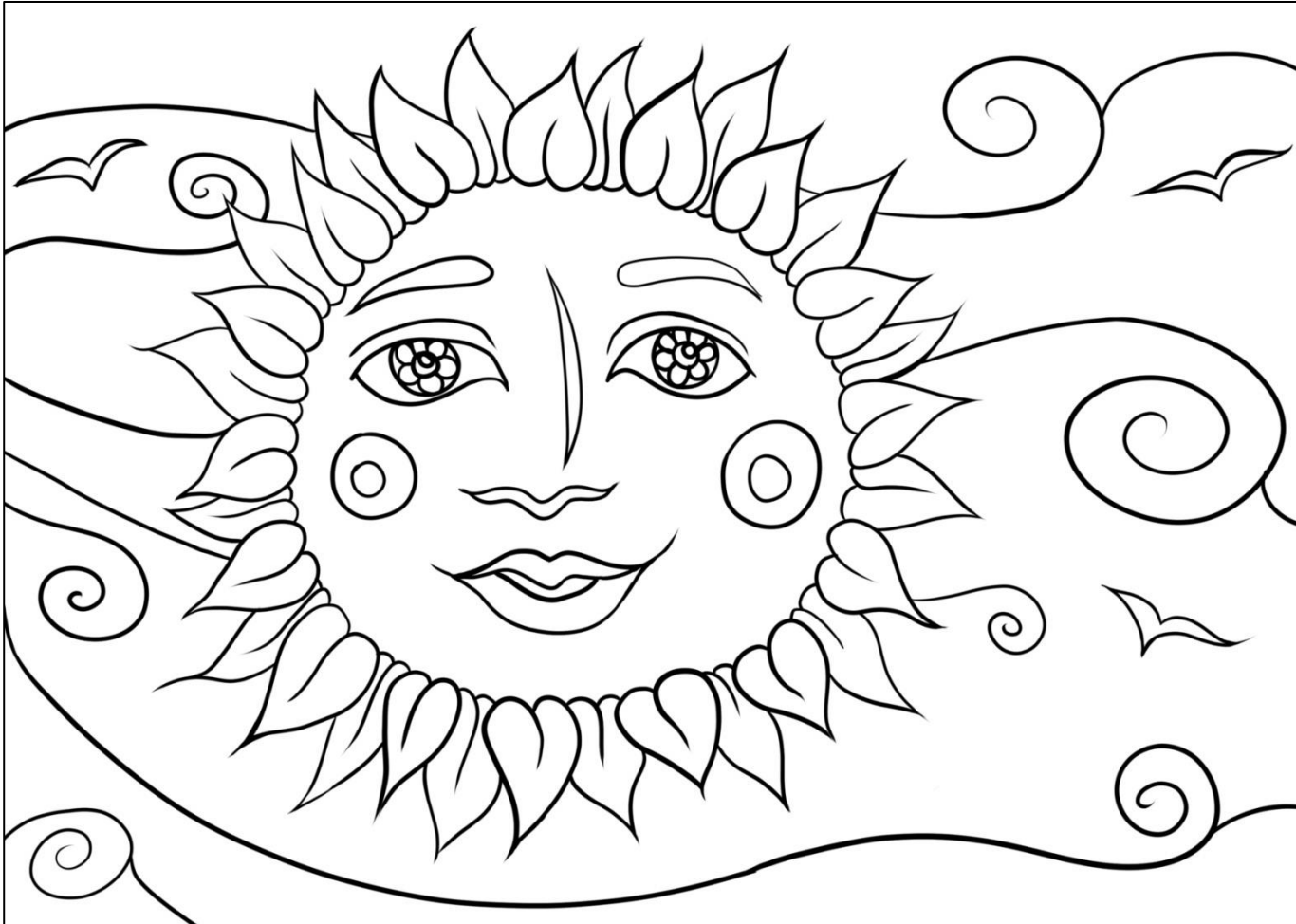
- An illustration with symbolism connected to an important aspect of mental health
- A short description of a psychology concept, written in simple words
- A mini-exercise with the help of which you can apply what you have learned in real life

There is no rush. This can be your safe space. You can color alone or in company, in silence or with music you love.

Try doing the mini-exercises when you are under stress, feeling overwhelmed, or just need a little color in your day.

I hope that every page will be like a little break for your soul and a reminder that your inner world is colored with many colors.

Remember—taking care of mental health is not a luxury, but a basic need!

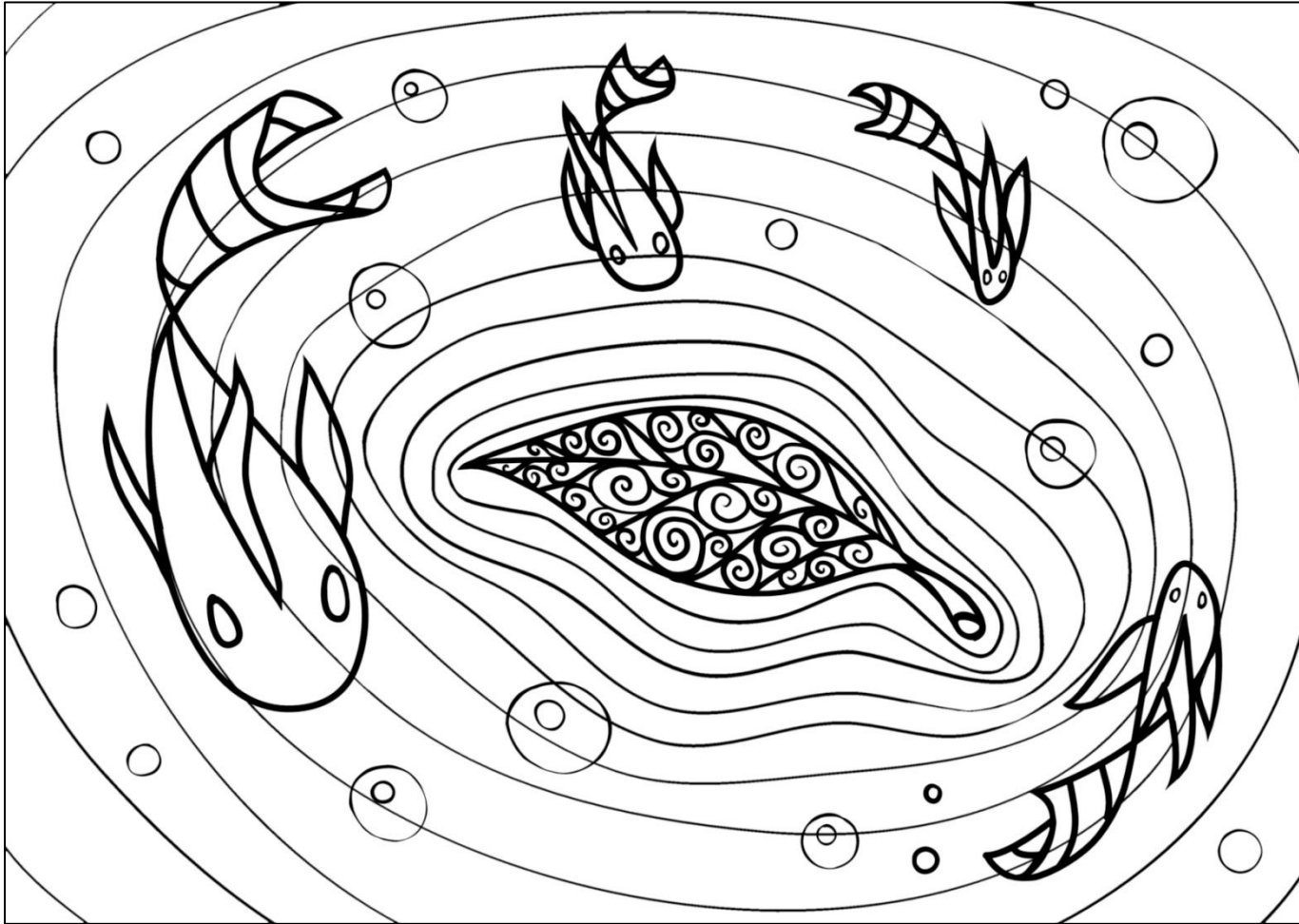


Mini-exercise: While you color the sun, think about which are my three "NOs" that I have said to others or myself, which help me protect my peace? Write them down in the empty space around the drawing.

Personal Boundaries

The sun warms, but keeps its heat at a safe distance. It is constant, it is there even when we do not see it, but we cannot influence its movement.

Just like that, we need to know where we end and others begin. Personal boundaries do not mean that we do not love and respect others. They are here to protect our peace, energy, and dignity.



Mindfulness

Like a leaf that floats calmly and fish that move without haste, mindfulness teaches us to be here and now, to observe, to feel, and to absorb the present moment without judgment.

Sometimes we burden ourselves too much with the past and fear the future. Mindfulness can help us "ground" ourselves in the present and find personal strength here to deal with worries.

Mini-exercise: While you color, touch and notice the feeling of the crayon in your hand. Listen to the sounds around you. Pay attention to the colors you choose. That is your little moment of mindfulness.



Personal Growth

Knowledge and experience are like seeds—when we nurture them, we get new qualities from them that enrich us as a person.

Personal growth is a process of learning, exploring, and discovering the best in ourselves throughout our entire lives.

Sometimes it can be thorny and sprout in an unexpected place, but it is always worthy of our attention.

Mini-exercise: While you color, think about one skill, habit, or trait you want to develop. Write it down next to the drawing and imagine how it slowly grows and flourishes together with the plant.

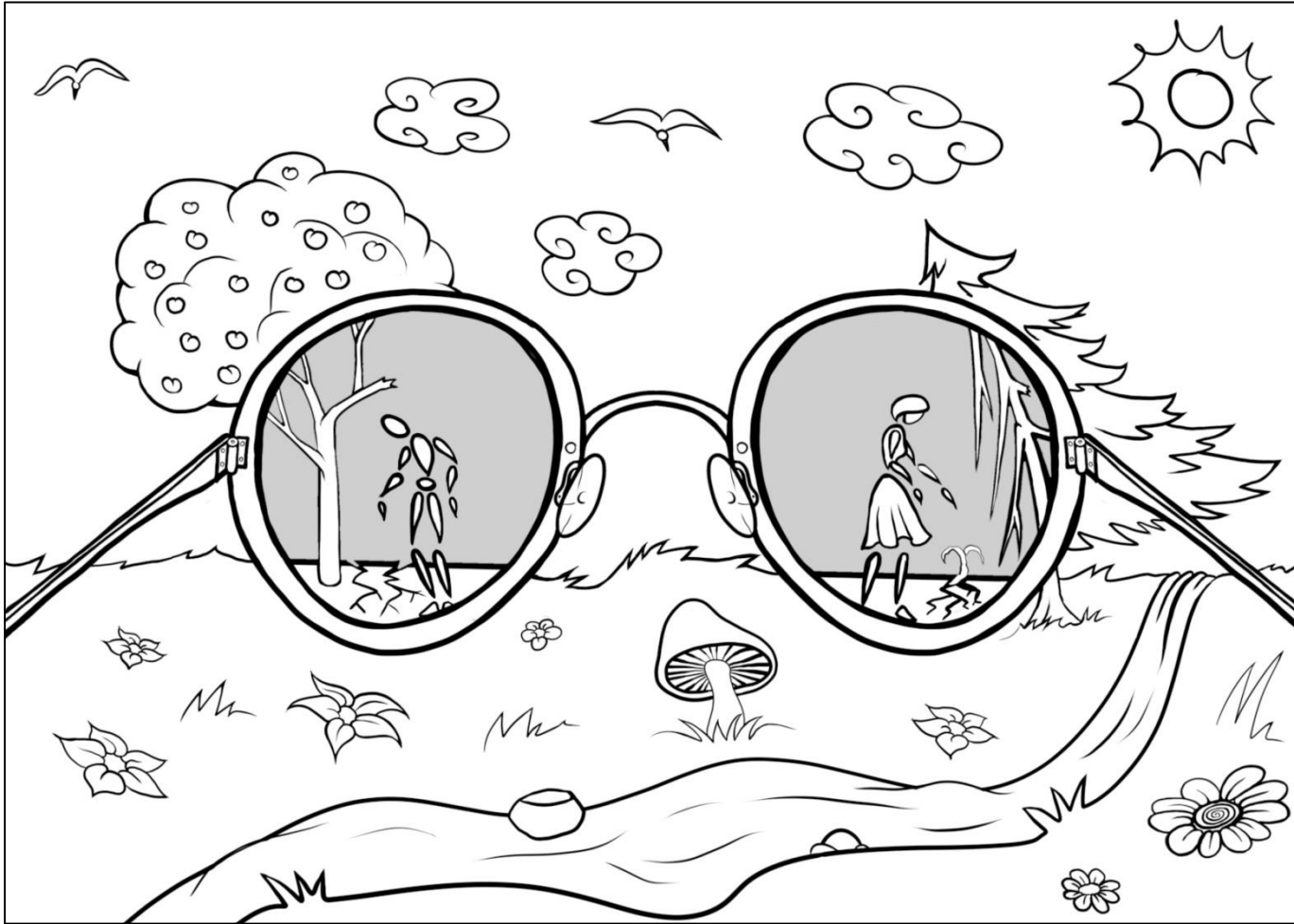


Life Crises

When life storms catch us, it is important to find values, people, or inner strengths that keep us afloat until we reach the safety of the shore.

Life hardships and suffering can be endured and overcome more easily when we see meaning and a goal.

Mini-exercise: Recall one of your life "storms." Who or what was your "lighthouse" then? Draw a small symbol of that "lighthouse" next to the drawing.



Distorted Perception

Our current emotional state or the way of thinking that we have adopted during life can cloud our view of the world.

When we are sad, we can absorb even the smallest negative events in the day, while the beautiful ones "fly over our heads".

Glasses that color everything dark remind us that thoughts are not always facts.

Mini-exercise: Try to remember how you sometimes criticize yourself. How would you change that criticism if you had to address it to someone who is very dear to you? Write down in the empty space next to the drawing what you would say to them.



Mini-exercise: Write down three small things that help you "empty the cup" and restore your strength. While you color, imagine how the cup is slowly emptying of stress.

Being Overwhelmed

When our cup becomes overfilled, we can no longer receive even a single drop, no matter how banal or small it may be.

The feeling that everything is too much for us and that we are not functioning tells us that we need to stop to rest and recover.

It is important to know ourselves and what exactly "charges our batteries." These can be different things, such as an relaxing activity or a person with whom we feel safe.



If you have reached this page, it means that you have set aside time for yourself—and that is already a big step. Taking care of health does not always have to be complex; sometimes it is enough to stop, breathe, and dedicate a few minutes to what calms us.

When you feel that it is hard, remember:

- **It is not necessary to be strong all the time**
- **Rest is as important as productivity**
- **Your boundaries deserve respect**
- **No storm lasts forever**
- **Paper and colors can be your "here and now,"**
- **...and you are creating your own inner world.**

Until some new colors...

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