

# THE ART OF YOU

A coloring book and journal  
for your unique journey

# MANAGING STRESS

Managing your stress could be an important part of your treatment plan. Here are some ways that may help you take care of yourself:

- Listen to or play music
- Practice yoga or meditation
- Get enough sleep
- Create art
- Avoid drugs and alcohol
- Eat a healthy diet

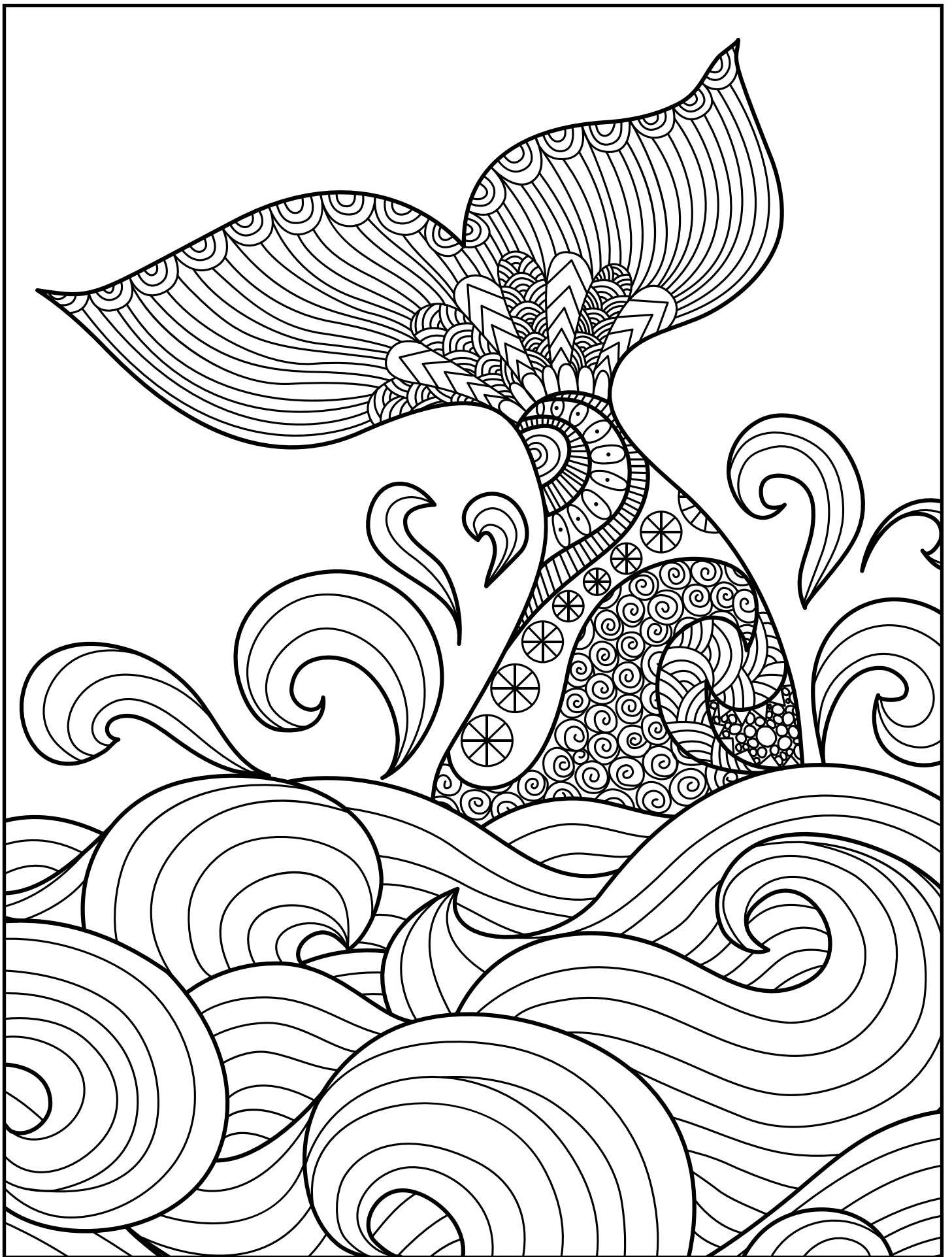
Coloring is another way to relax. It can generate a sense of calm and energizes your senses and your creativity. Color the following pages or draw something of your own.

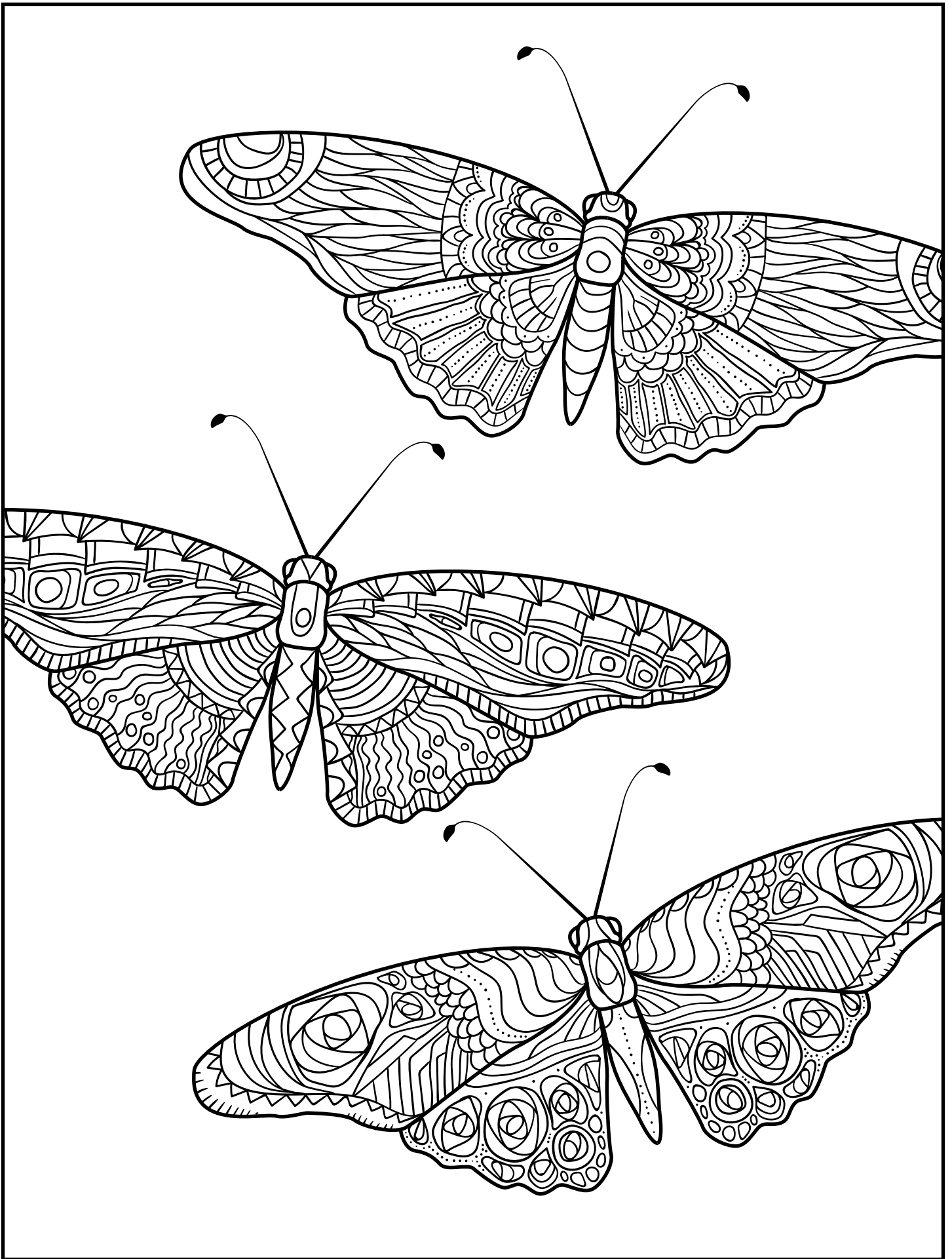




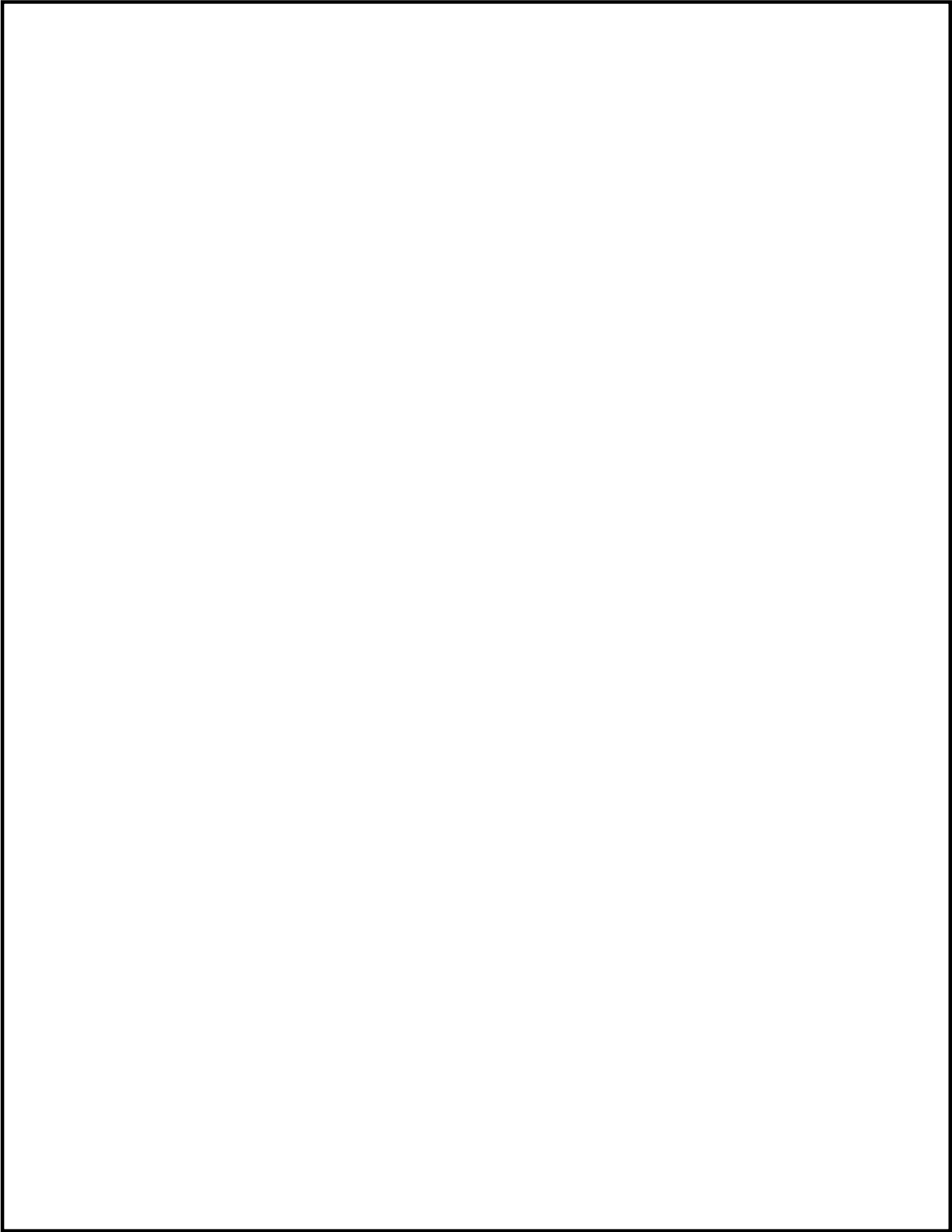




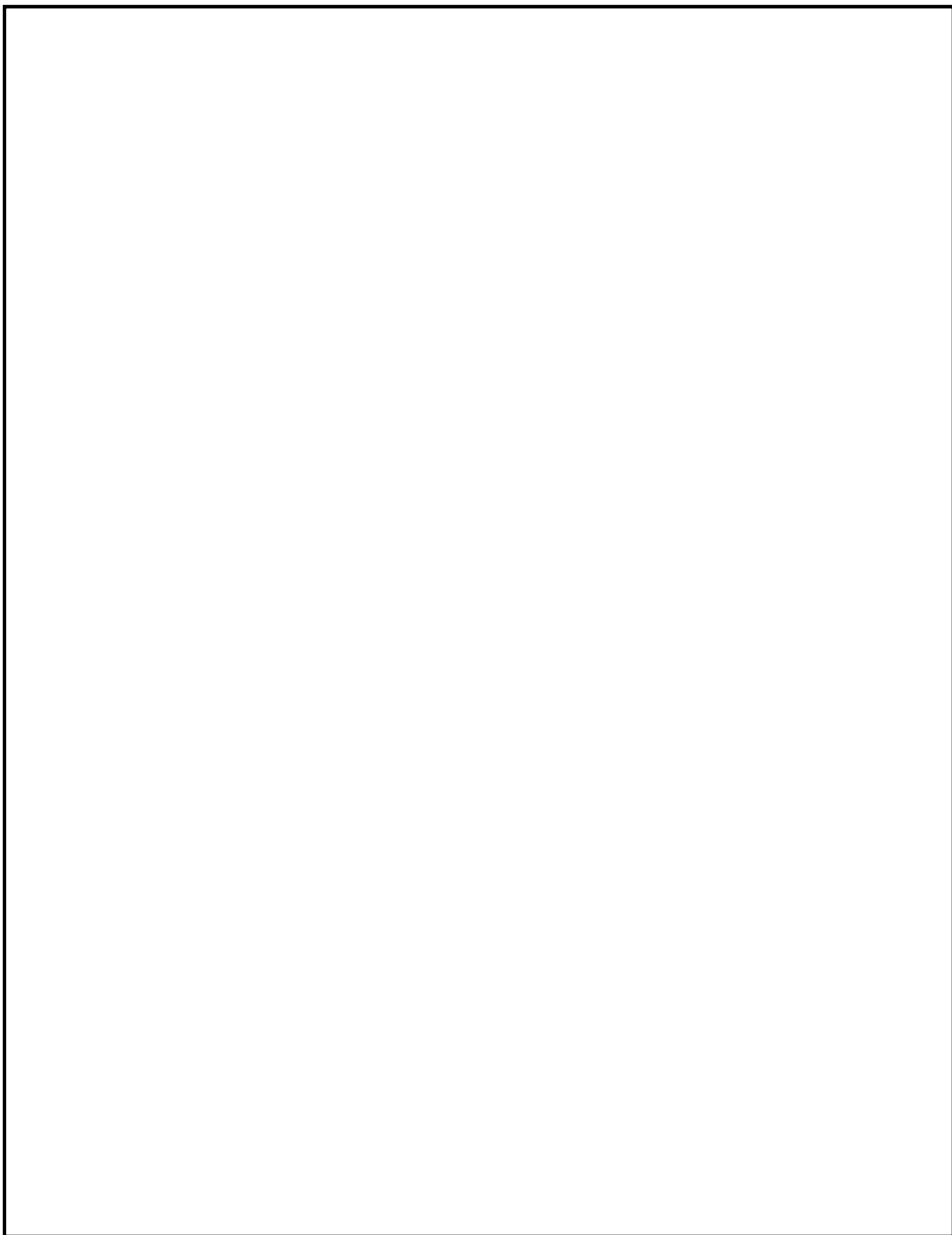




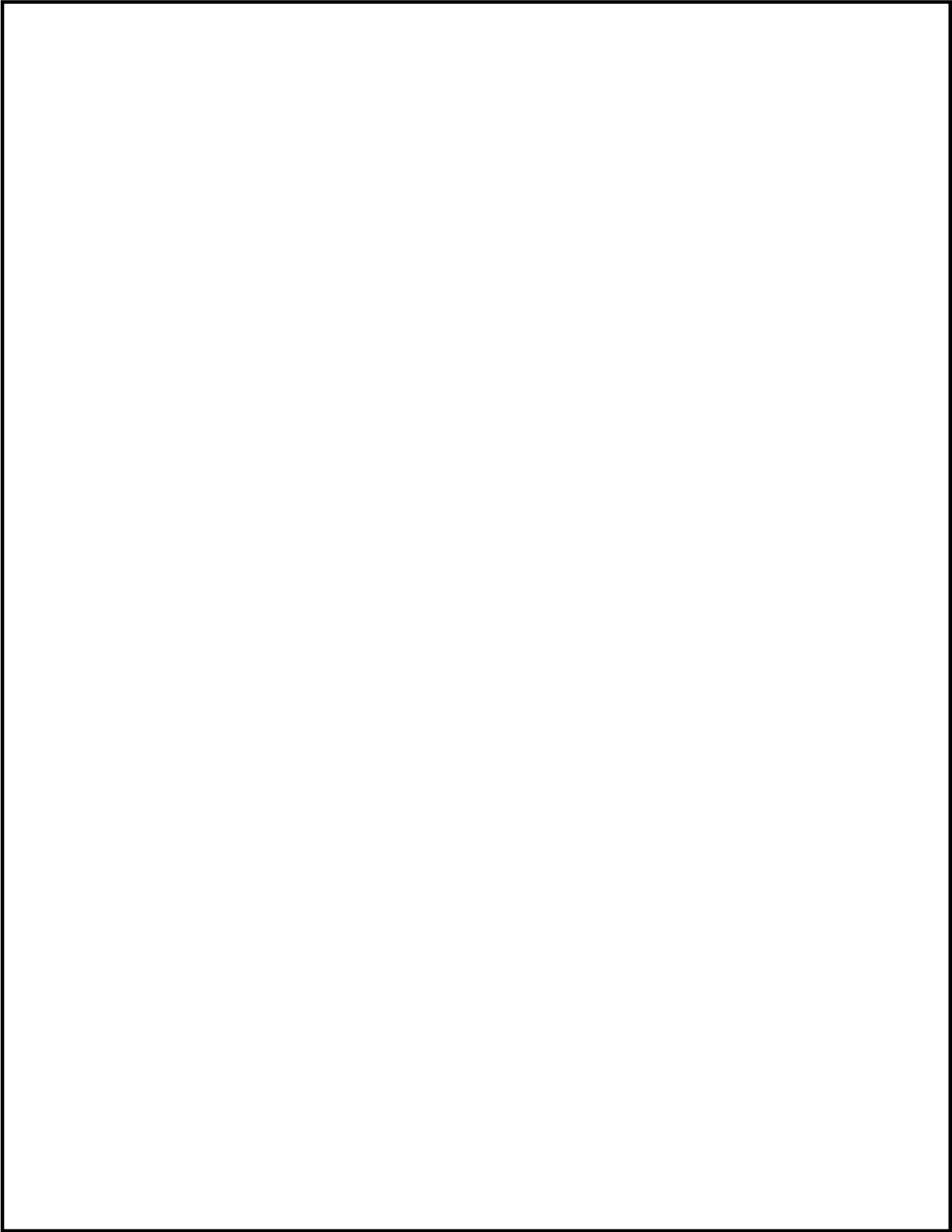
Use these blank pages to create your own artwork.

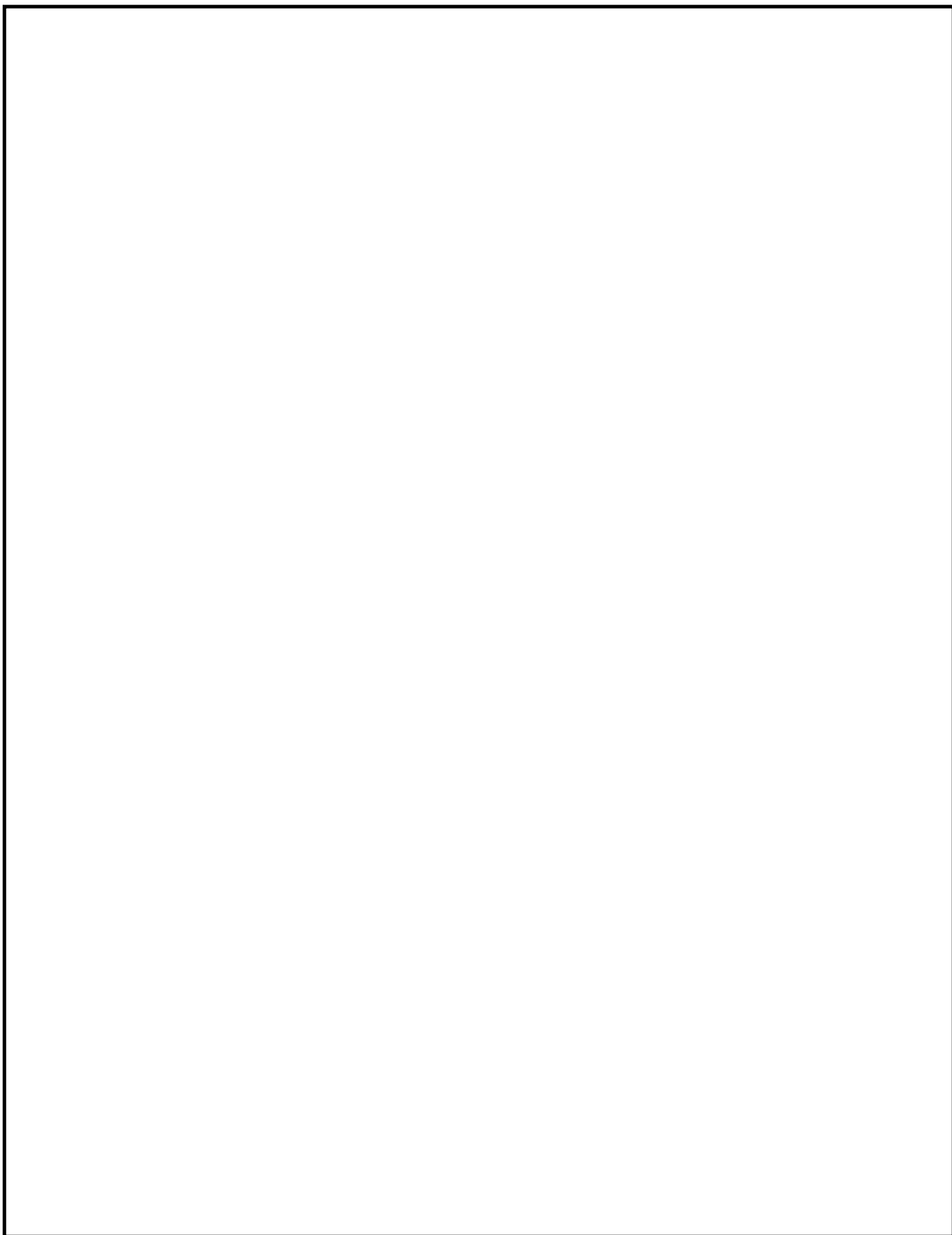






Use these blank pages to create your own artwork.





# SETTING GOALS FOR TREATMENT

Have you talked with your healthcare team  
about your specific treatment goals?

## MY GOALS

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6

2

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3

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4

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5

10



# KEEP A JOURNAL

Keeping a daily journal can help you to monitor your thoughts and feelings, as well as to set and keep track of personal goals. You can also use this space to keep track of questions you may want to ask your healthcare provider. Use the following pages to get started.

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**These pages are here to help you get started journaling.** If you run out of space, that's great! Keep up the good work and continue journaling in a separate notebook. You can download an additional journal at [yourpersonaljournal.com](https://yourpersonaljournal.com).



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