



## Practice mindfulness with the Bell Let's Talk mandala

This year, Bell Let's Talk has designed a *mandala* that you can print out and colour in. Many mental health professionals recommend colouring as an effective way to practice mindfulness.

*Mandala*, meaning "sacred circle" in Sanskrit, is a circular art form often containing geometric and repeating designs. Similar to meditation, it focuses your attention on the present moment and away from worries and stress.

Share your creation on social media using [#BellLetsTalk](https://twitter.com/BellLetsTalk)

On January 28,  
join in to help create positive change.

