

The illustration features a woman with dark hair, wearing a brown dress, walking and holding a long, colorful breathing tube. The tube is composed of segments in red, yellow, green, and blue, with small white dots on each segment. At the top of the tube is a brown funnel. In the background, a large, multi-colored rainbow arches across the top. The entire scene is set against a light beige background with various colorful streamers and loops of ribbon in shades of pink, yellow, and blue. The word "Inhale" is written in a large, black, cursive font across the middle of the image.

Inhale

An Activity Book for Anxiety

May this be a space to *relax*
and *untangle* your thoughts...

...to breathe *in* new life and
breathe *out* the distraught

Hello there!

Welcome to a new journey of self-expression and discovery. This activity book aims to ease your anxiety through music and art.

Here is some things you can do with this activity book:
Scan the QR codes located on the respective pages to listen to the songs whilst engaging in the various activities. Allow your imagination to run wild as you create. Track the progress of your anxiety at the end of the book for your own encouragement as well.

Have fun!



Fill in the sky with your *thoughts* through drawing of shapes.

House on a Hill by Amanda Cook

It's quiet
In this house upon a hill
You won't mind it
Some things you can't
know till you're still
In the silence
Where your spinning
thoughts slow down
In the stillness
Things have a way
of working out

Allow Me to introduce Myself
again, I'm the One that
knew you before time began
I've been waiting for you to
let Me be your friend
Everything you ever
need is everything I am

I Am, I Am, I Am

Take your chances
There's nothing here to lose
Ask your questions
I promise you the truth
As you're ready
I want to hear your heart
Is it heavy, where wounds
have left a mark?

Allow Me to introduce
Myself again
I was with you every
place you've ever been
I'm the One that held you
when you couldn't stand

If you're wondering who can
heal your brokenness
I can, I can, I can

I'll meet you
In the house upon the hill
How I want to show you I am real

Allow Me to introduce Myself again
I'm the Love you used to think could
not exist I'm as sure as where you're
standing and as free as the wind
You don't have to reach for Me,
'cause this is where I am
I Am, I Am, I Am

I Am, I Am, I Am

Listen to the song:



Miracles by Coldplay

From up above I heard the
angels sing to me these words
And sometimes in your eyes I
see the beauty of the world

Oh, now I'm floating so
high, I blossom and die
Send your storm and your
lightening to strike me
between the eyes

Sometimes the stars decide to
reflect in puddles in the dirt
When I look in your eyes, I
forget all about what hurts

Oh, now I'm floating so
high, I blossom and die
Send your storm and your
lightening to strike me
between the eyes

And cry:
Believe in miracles

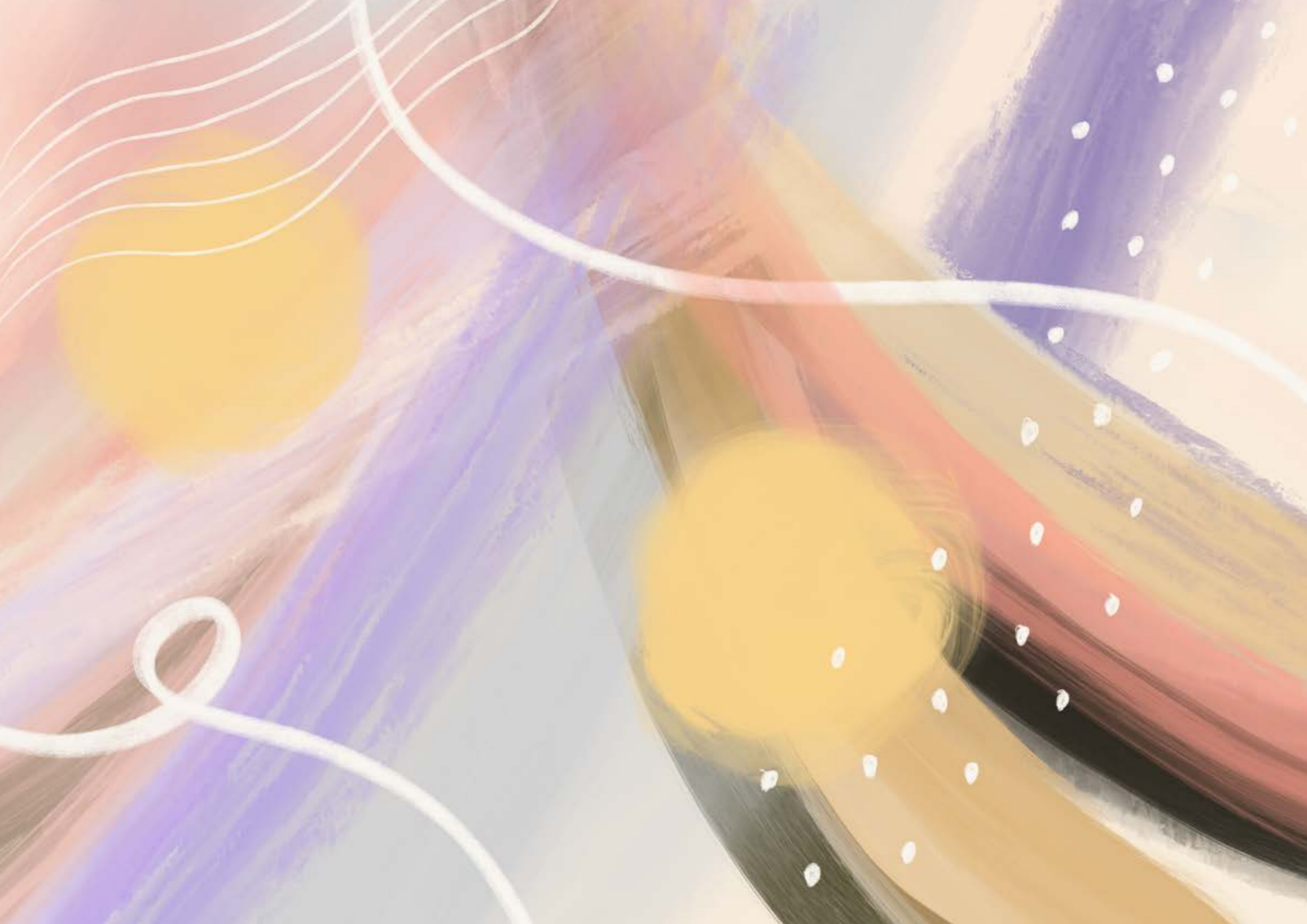
Oh hey I'm floating up
above the world now

Oh yeah yeah yeah!

Doodle in your own *miracle*.

Listen to the song:





Fill the stars with
your own *colours*

Stars by Alessia Cara

Knock on my door, boy come
home
You stay in my head
Lay in my arms, why won't
you?
It's been way too long
What you waiting on?
Cause I've been laying here
Learning what the memories
won't do
See I need you and baby
I need to
Let down my guard and give
you my scars
Open up my heart

We could be stars
We could be stars
We could be stars.

Rap on my window, come
home
It's been a while, so stick
around
Why don't you?
'Til the end of time
Say that you'll be mine
An uphill climb fighting
what the heart
Really wants to do
See I need you
And sometimes we need to
Shed our facade and be just
who we are
All broken and torn, then we
could be stars

Oh we could be stars..
We could be stars..

Listen to the song:



Northern Downpour by Coldplay

If all our life is but a dream
Fantastic posing greed
Then we should feed our
jewelry to the sea
For diamonds do appear to be
Just like broken glass to me

And then she said she can't believe
Genius only comes along
In storms of fabled foreign tongues
Tripping eyes, and flooded lungs
Northern downpour sends its love

Hey moon, please forget to fall down
Hey moon, don't you go down

Sugarcane in the easy mornin'
Weather-vanes my one and lonely

The ink is running toward the page
It's chasin' off the days
Look back at both feet
And that winding knee
I missed your skin when
you were east

You clicked your heels and wished
for me
Through playful lips made of yarn
That fragile Capricorn
Unraveled words like moths upon old
scarves

I know the world's a broken bone
But melt your headaches, call it home

Hey moon, please forget to fall down
Hey moon, don't you go down

Sugarcane in the easy mornin'
Weather-vanes my one and lonely

Sugarcane in the easy mornin'
Weather-vanes my one and lonely

Sugarcane in the easy mornin'
Weather-vanes my one and lonely

Sugarcane in the easy mornin'
Weather-vanes my one and lonely

Sugarcane (hey moon) in (hey moon)
The easy (hey moon) mornin'
Weather-vanes (hey moon) my (hey
moon)
One (hey moon) and lonely

Hey moon, please forget to fall down
Hey moon, don't you go down
You are at the top of my lungs
Drawn to the ones who never yawn

*Draw what you think you will see in this snow landscape as you
allow yourself to get lost in the song.*

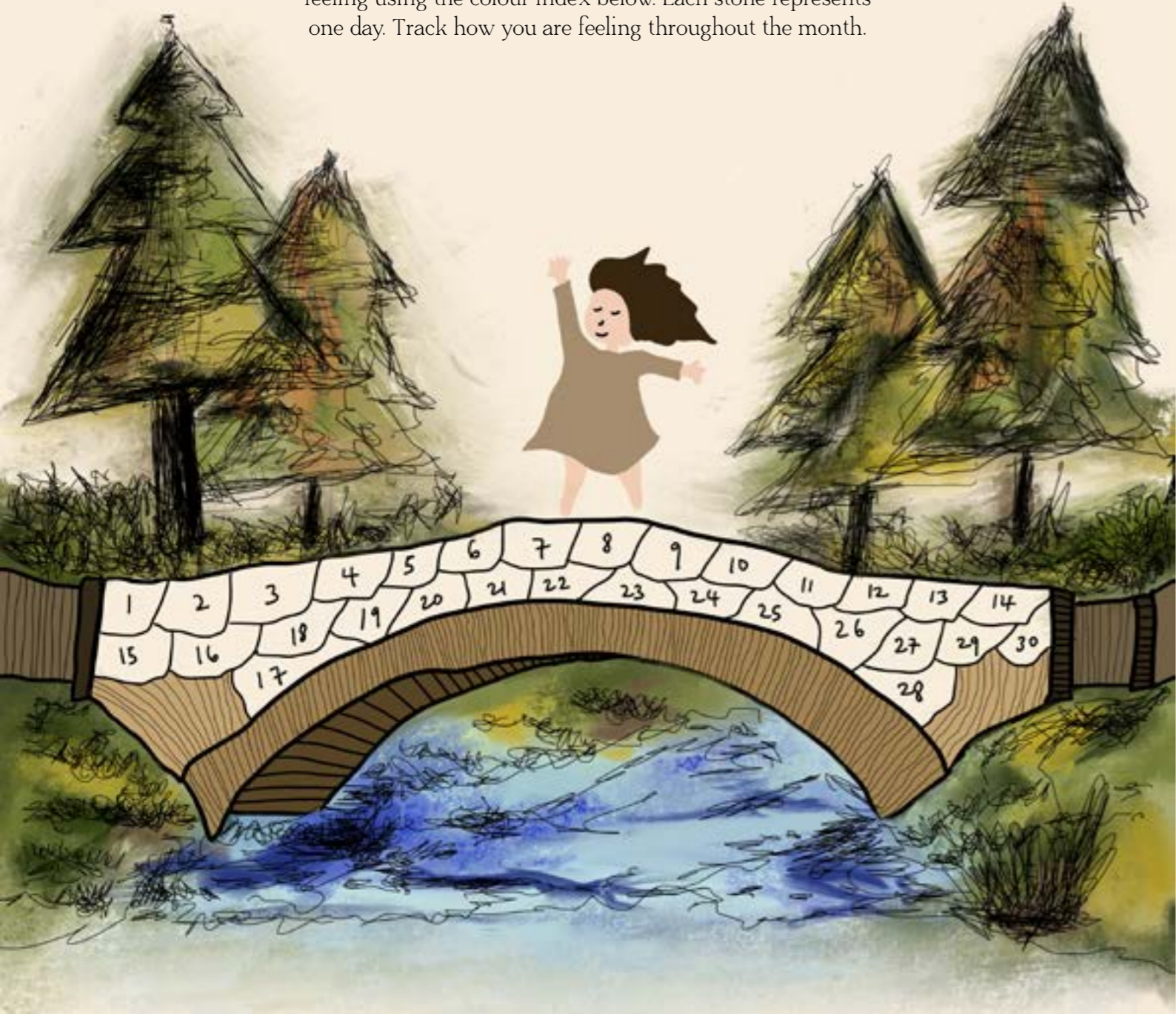


Listen to the song:



How are you feeling today?

Colour in the stones of the bridge based on how you are feeling using the colour index below. Each stone represents one day. Track how you are feeling throughout the month.



Month: _____



Calm



Slightly Stressed



Anxious



Panic Attack

Write or draw how you felt each day.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



Exhale

