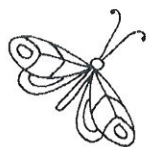


Johanna Basford





## Welcome to *Flourish: A Mini-Inky Adventure*.

The world has changed, but some things remain the same: flowers still bloom, bees still buzz, and we still need to care for our mental health.

Whether you are staying home, raising kids, or working on the front lines, we all need a little calm in the chaos—and that, my friends, is where colouring comes in. Now more than ever, we need to care for our mental health.

Creativity is an incredible mood booster. It allows your weary brain to pause and reset. With colouring, you don't need any fancy tools, a degree in art, or a perfect studio. Just grab your book and a few pencils and make your mark.

This mini-inky book takes inspiration from the best-loved pages of my colouring book collection. Amongst the pages are intricate patterns to get lost in, floral garlands to flood with colour, an underwater world to explore, and small motifs that can be completed in just a few minutes.

So, please, pick up a pencil and give yourself permission to practise a little self-care. Together we'll weather this storm—together we can *flourish*.

Much love,

*Johanna Basford* x

### My Top Five Tips for Colouring to Create Calm:

1. Try pencils instead of pens—less chance of the ink bleeding!
2. Keep your pencil strokes going in the same direction.
3. Colour in good light—daylight is best.
4. Put your phone away!
5. Don't worry if you go over the lines.

















