

Right Now, I am Fine

**A COPING COLORING BOOK
DURING COVID-19**

WRITTEN BY DR. DANIELA OWEN
COLORING PAGES BY HANNAH HART

HELLO!

THIS BOOK IS FOR ANYONE AFFECTED BY WORRIES, FEARS, DISCOMFORT, OR NAGGING THOUGHTS ABOUT THE CORONAVIRUS (COVID-19). THIS IS A SCARY TIME IN THE WORLD, FULL OF UNCERTAINTY AND CHANGES. BUT THE GOOD NEWS IS, THERE ARE THINGS THAT WE CAN DO TO TAKE GOOD CARE OF OURSELVES. THIS BOOK EXPLAINS WHAT YOU CAN DO TO KEEP YOUR MIND AND BODY CALM NOW AND DURING ANY HARD TIME.

ABOUT THE AUTHOR

DANIELA OWEN, PH.D. IS A CLINICAL PSYCHOLOGIST IN THE SAN FRANCISCO BAY AREA. SHE WORKS PRIMARILY WITH CHILDREN, ADOLESCENTS, AND THEIR FAMILIES AND SPECIALIZES IN USING EVIDENCE-BASED TREATMENTS TO HELP WITH MANAGING ANXIETY. DANIELA IS THE VISIONARY BEHIND THIS BOOK AND SHE HOPES THAT IT CAN SERVE AS A USEFUL RESOURCE FOR FAMILIES COPING WITH THIS DIFFICULT TIME.

ABOUT THE ILLUSTRATOR

HANNAH HART IS A SENIOR AT WARTBURG COLLEGE, MAJORING IN NEUROSCIENCE AND BIOLOGY. HANNAH HOPES TO PURSUE A CAREER IN ALZHEIMER'S DISEASE AND DEMENTIA RESEARCH. HANNAH IS AN INTERN WITH RIVER + PEARLS, THE PUBLISHER OF THIS COLORING BOOK. THEIR MISSION IS TO EQUIP YOUTH TO USE THEIR CREATIVE GIFTS TO BRING HOPE, HEALING AND PEACE TO OTHERS. HANNAH ENJOYED CREATING THESE ILLUSTRATIONS KNOWING THEY COULD HELP CHILDREN AND YOUTH COPE WITH COVID-19.

MORE...

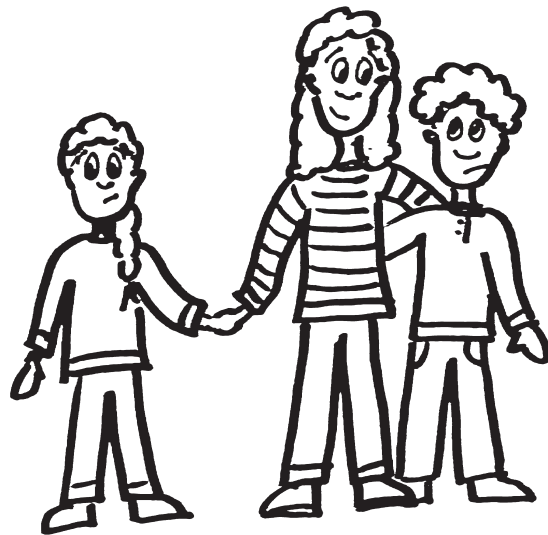
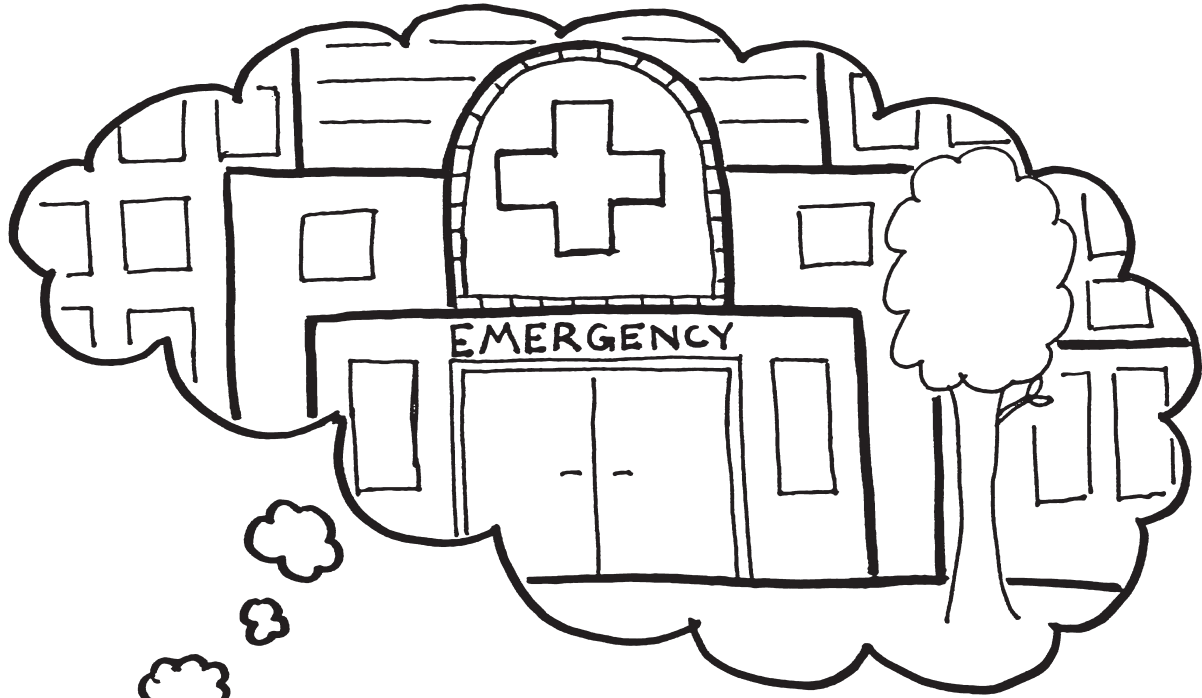
VIEW LAST PAGE OF THIS BOOK FOR MORE DETAILS

SOMETIMES BAD
THINGS HAPPEN
IN THE WORLD...



...AND THEY MAKE
US FEEL SCARED.

SOMETIMES THESE THINGS MAKE
US WORRY A LOT ABOUT WHAT IS
GOING TO HAPPEN.



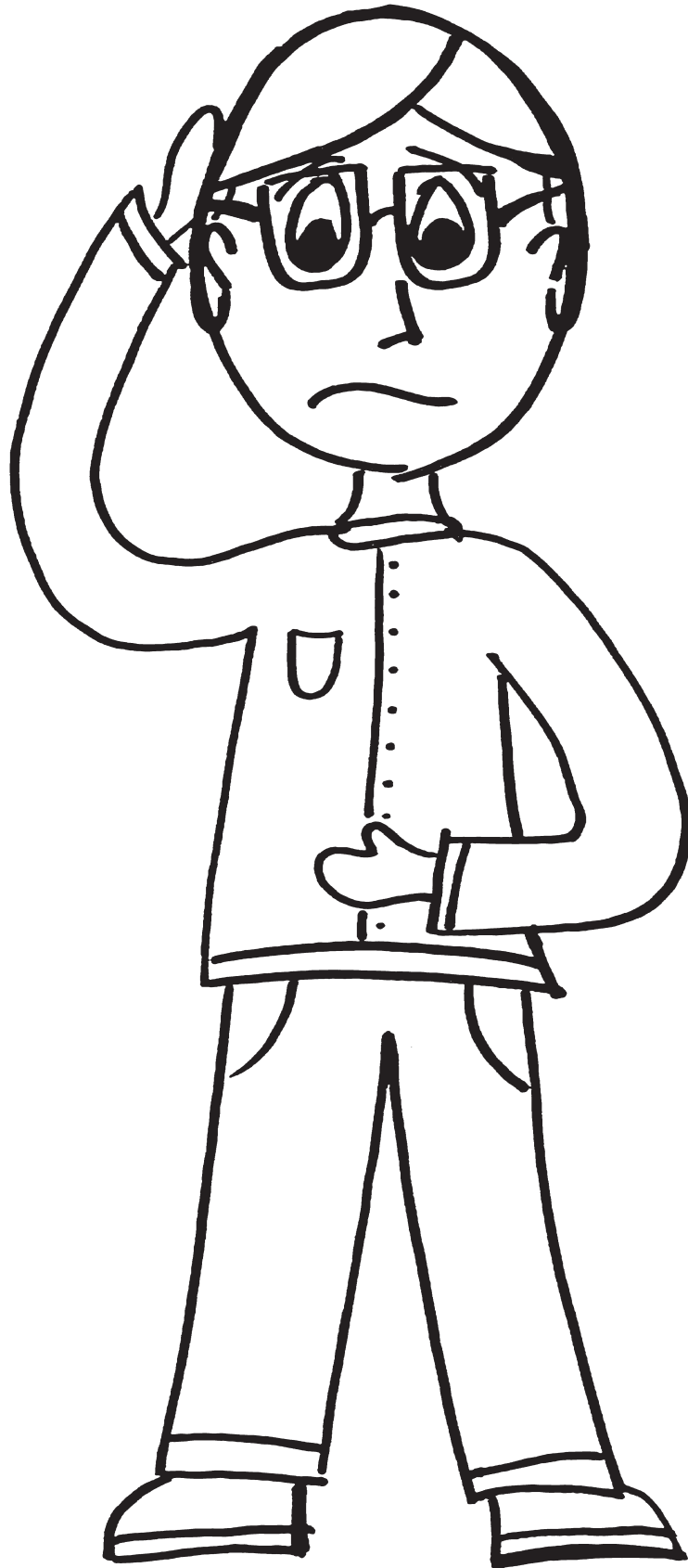
OUR FAMILIES, AND
FRIENDS, AND NEIGHBORS
MAY ALL BE AFFECTED.

THINGS MIGHT GET WORSE.

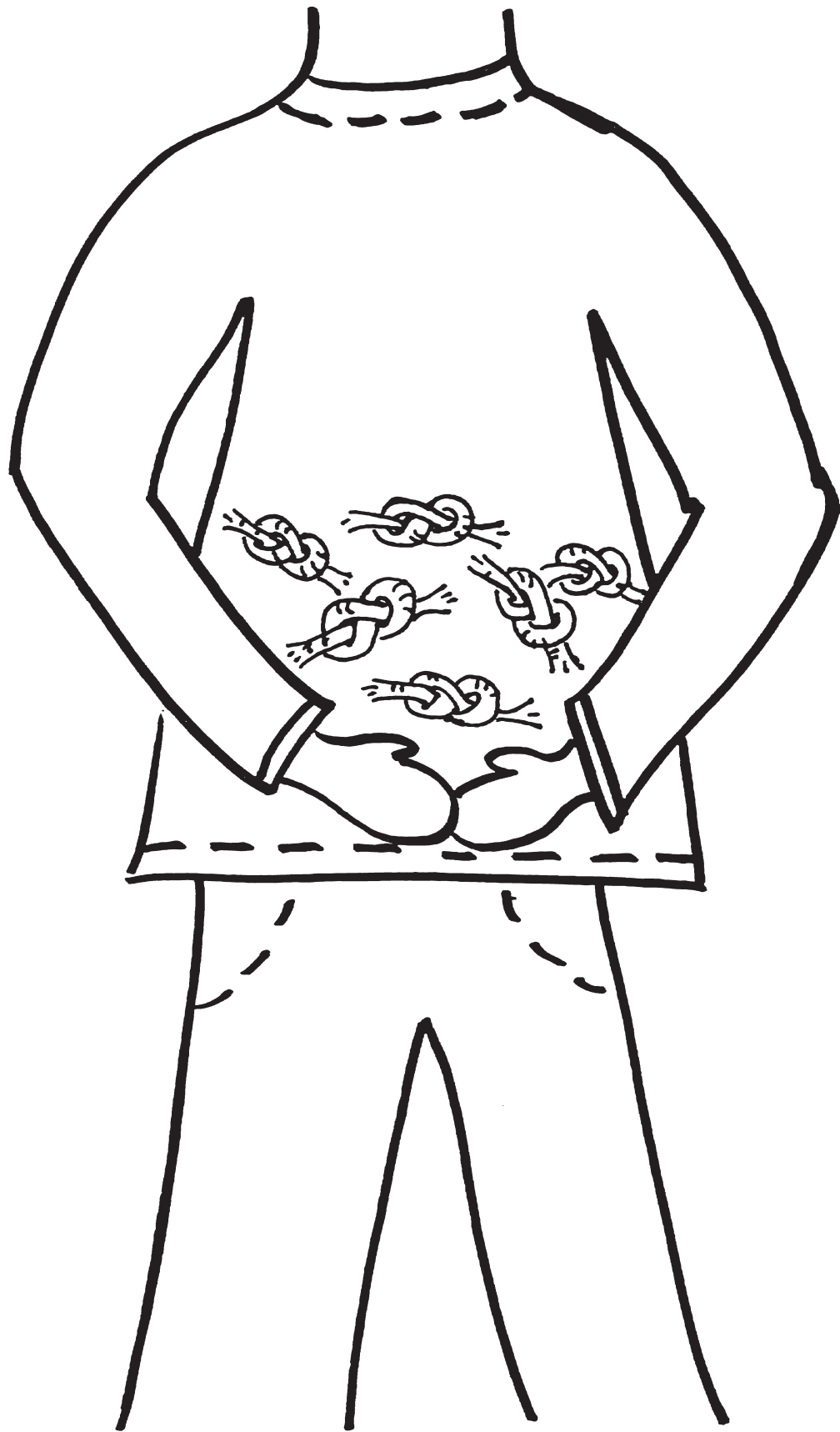


THE BAD THING MAY
CAUSE OTHER BAD THINGS TO HAPPEN.

ALL OF THIS WORRY...

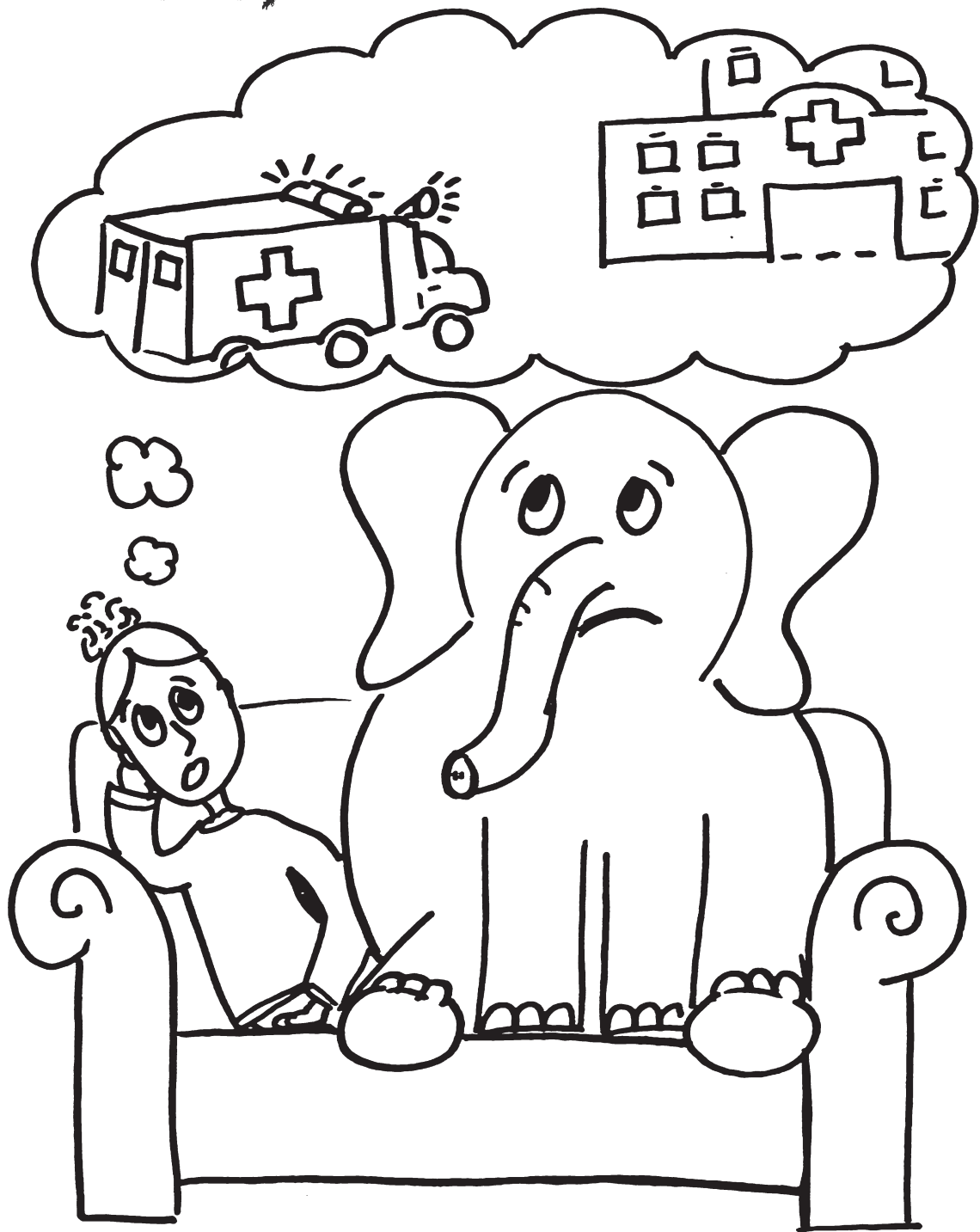


...CAN MAKE US FEEL TERRIBLE.



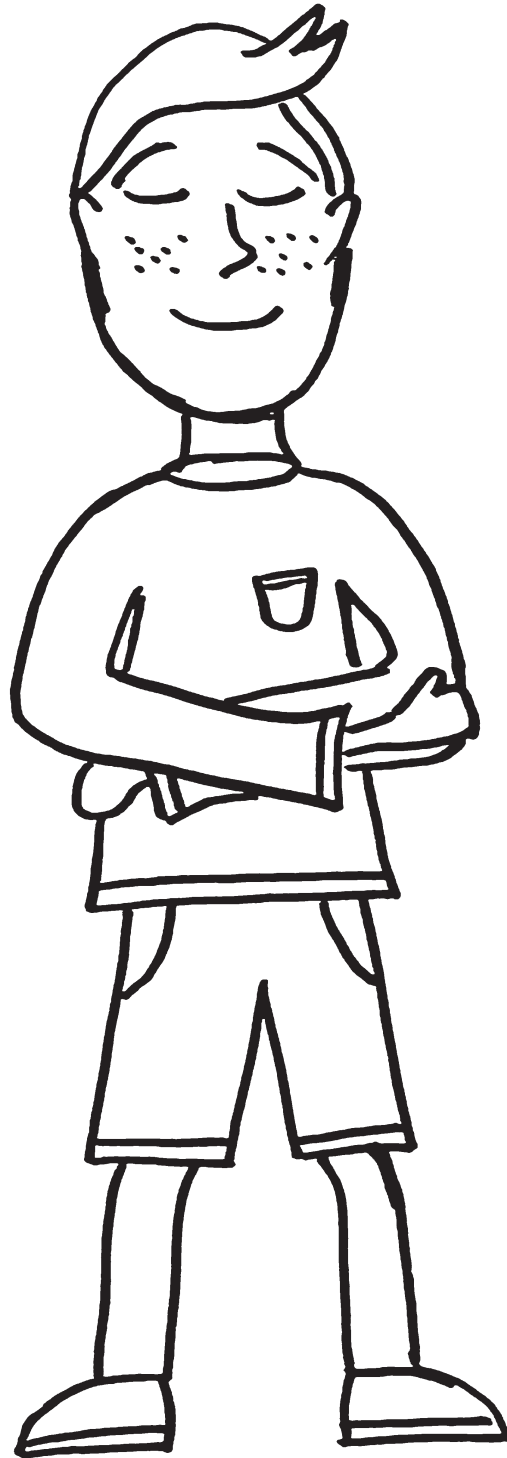
OUR TUMMIES MAY FEEL LIKE
THEY'RE TIED UP IN KNOTS.

IT MAY FEEL HARD TO BREATHE
(LIKE ELEPHANTS ARE SITTING ON
OUR CHESTS).



OUR HEADS MAY BE SO FULL OF
WORRY THOUGHTS THAT WE CAN'T
CONCENTRATE ON ANYTHING ELSE.

BUT WHEN THIS HAPPENS, IT IS
IMPORTANT TO REMIND OURSELVES
THAT WE ARE FINE, RIGHT NOW.



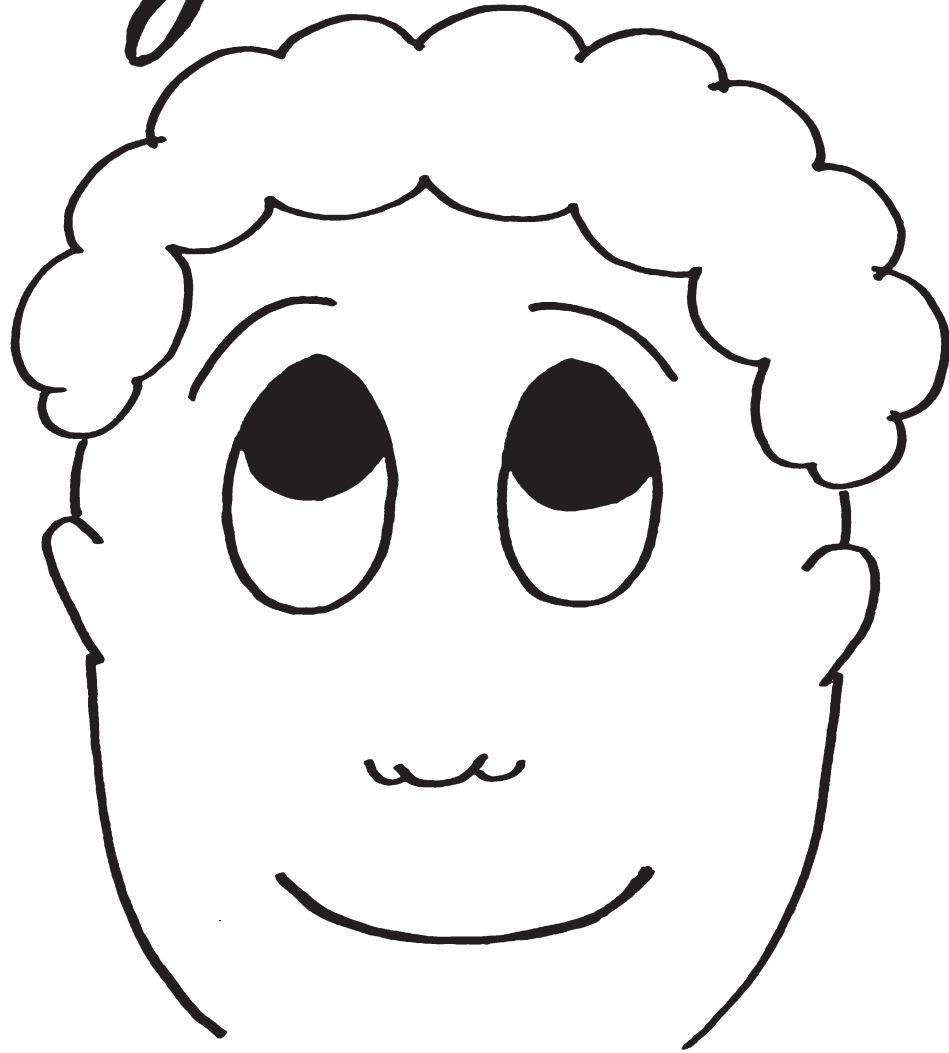
IF YOU ARE WILLING TO,
CLOSE YOUR EYES.

START BY TAKING 3 DEEP BREATHS...



... BREATHE IN SLOWLY... BREATHE
OUT SLOWLY. BREATHE IN SLOWLY...
BREATHE OUT SLOWLY... BREATHE IN
SLOWLY... BREATHE OUT SLOWLY.

—Right now—
I am
fine



NOW REMIND YOURSELF:
RIGHT NOW, I AM FINE.



NOW, KEEP YOUR EYES CLOSED AND GENTLY WRAP YOUR ARMS AROUND YOUR BODY TO GIVE YOURSELF A BIG, WARM HUG.

YOU CAN HANDLE
THIS...



...BECAUSE RIGHT NOW, AT THIS
VERY MOMENT, YOU ARE HERE, AND
YOU ARE NOT IN IMMEDIATE DANGER.

LET YOUR BODY RELAX A LITTLE.
DROP YOUR SHOULDERS. WIGGLE YOUR
LEGS. YOU DON'T HAVE TO BE ON HIGH
ALERT RIGHT THIS MINUTE.



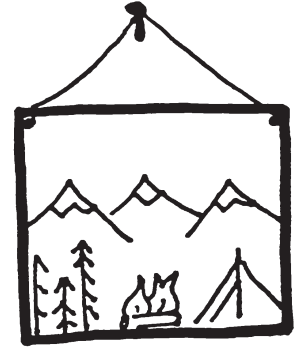
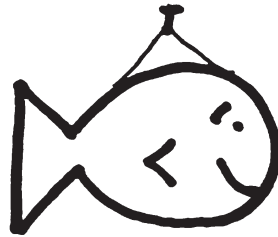
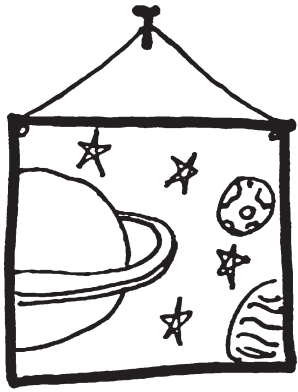
LET WORRY
THOUGHTS
DRIFT OUT OF
YOUR BRAIN.





THE BAD THING IS STILL HAPPENING,
BUT YOU DON'T HAVE TO WORRY ABOUT
IT SO MUCH RIGHT THIS MINUTE.
REFOCUS YOUR ATTENTION ON YOUR
BREATHING, SLOWLY IN AND OUT.
RIGHT NOW, YOU ARE FINE.

BECAUSE YOU ARE FINE RIGHT NOW,
WHAT ELSE CAN YOU DO? CAN YOU
DRAW A PICTURE?

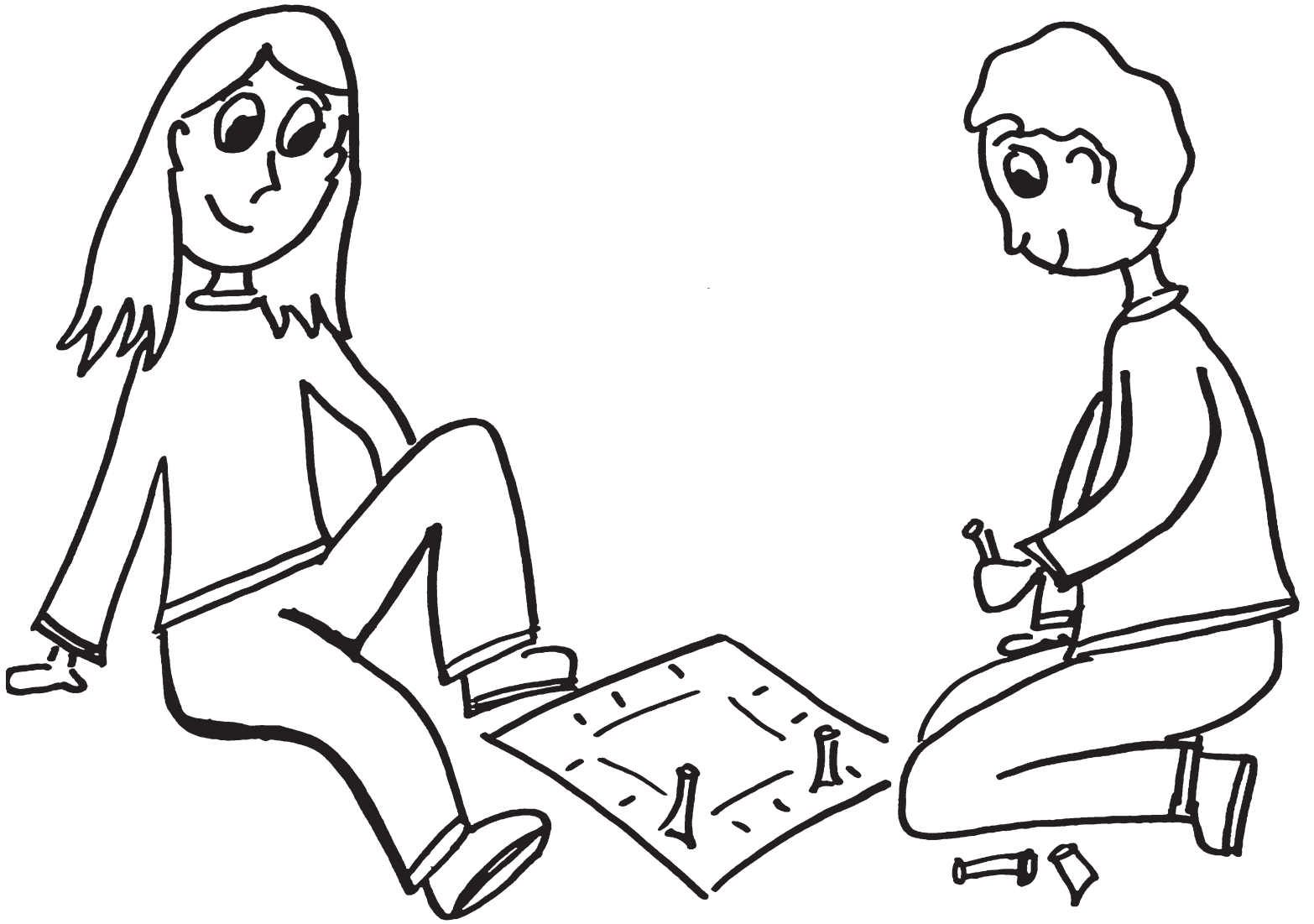




CAN YOU LOOK OUT THE
WINDOW AT THINGS OUTSIDE?

CAN YOU READ A BOOK?





CAN YOU PLAY A GAME?



CAN YOU CUDDLE A PET OR A
STUFFED ANIMAL?

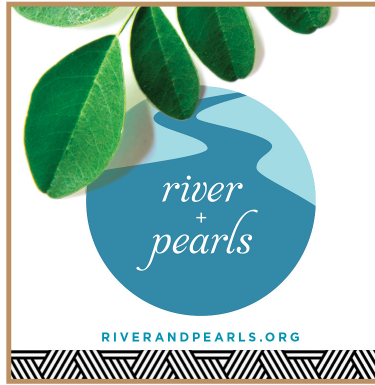
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I am

fine



REMIND YOURSELF,
RIGHT NOW, I AM FINE.





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