



#MakeitMINDFUL

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#MakeitMINDFUL

**Canon**

See the bigger picture

# MAKE IT MINDFUL COLOURING

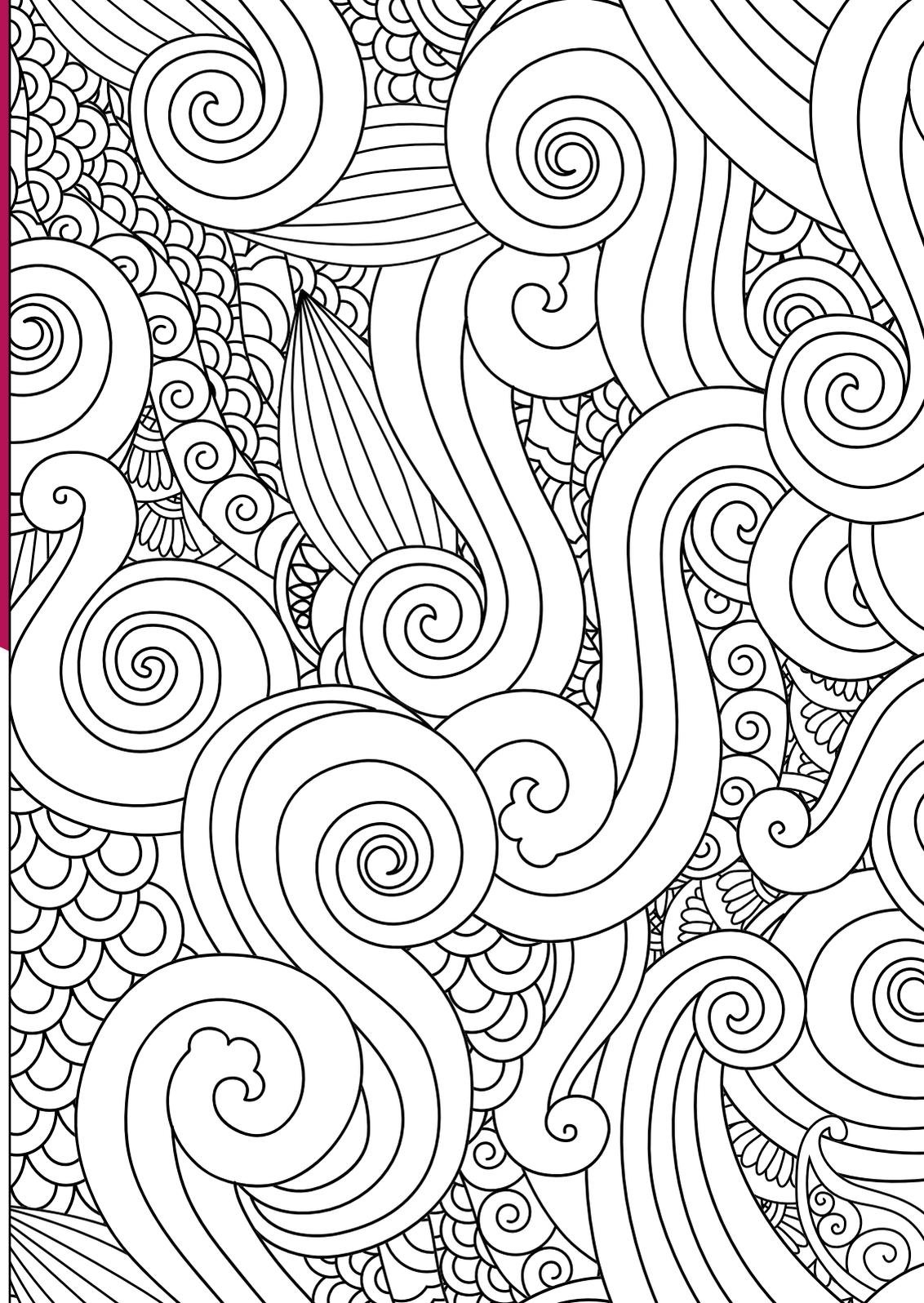
**It's World Mental Health Day on Sunday 10th October 2021. The theme for this year is 'mental health in an unequal world' focusing on global mental health education, awareness and advocacy against social stigma.**

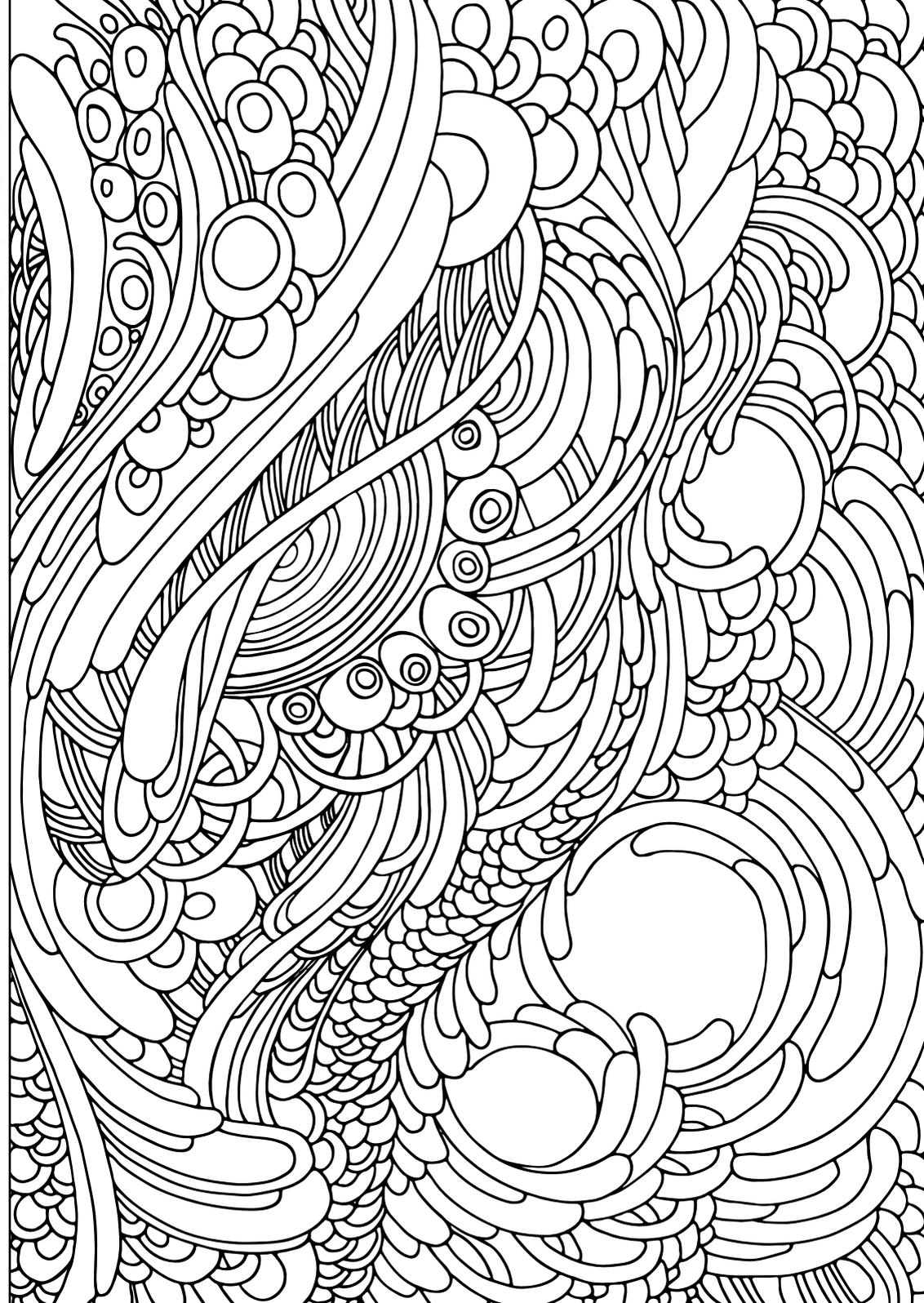
To help raise awareness, Canon has produced this fun colouring book. As well as highlighting that simple print applications can go far beyond expectations and serve a bigger purpose, it can also be a tool to aid relaxation. By taking some quiet time to enjoy this book, we hope it can provide that desired mind clarity and a space for yourself. Enjoy!

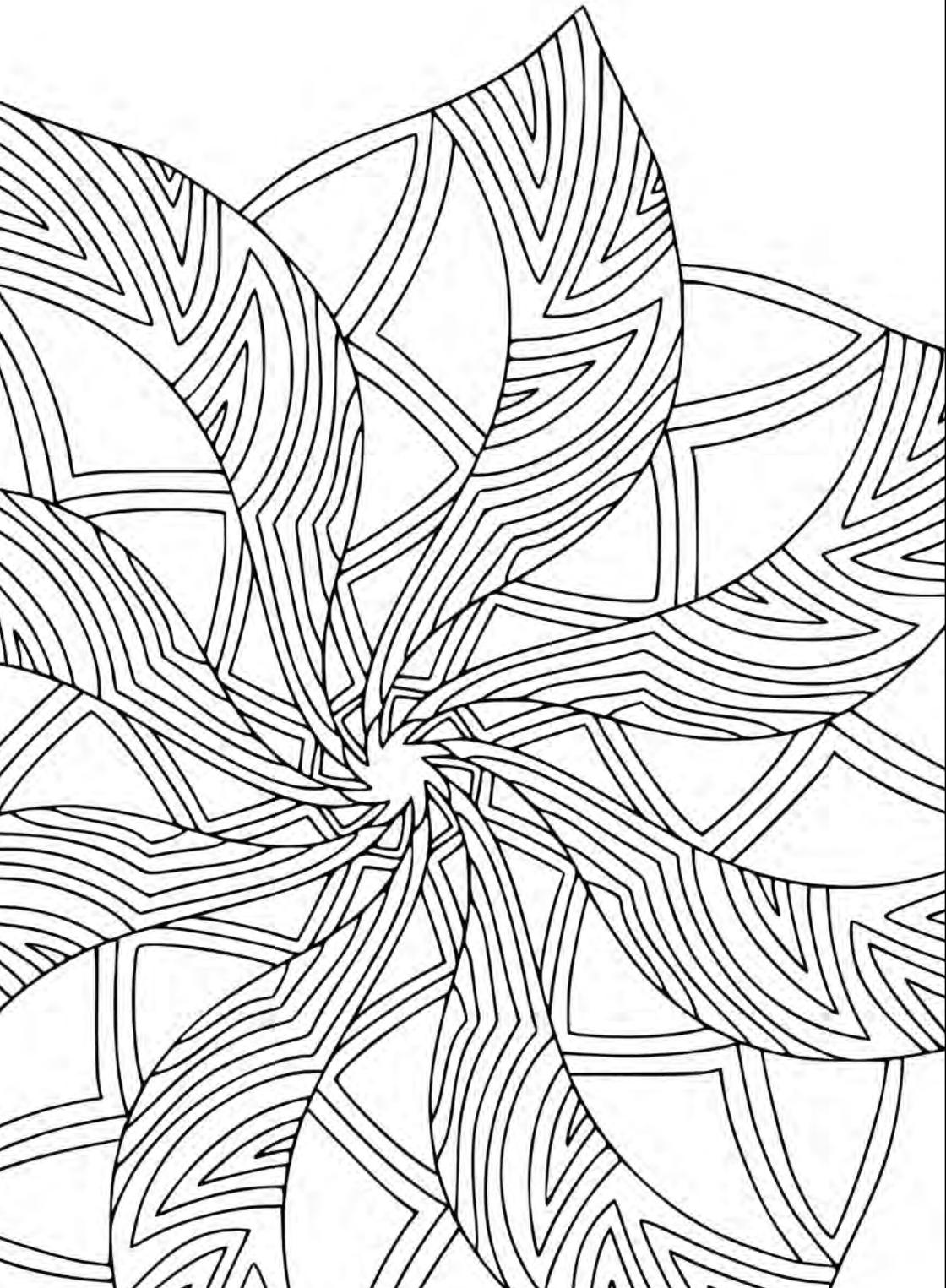
**To learn more:**

[canon.co.uk/world-mental-health-day-2021](https://www.canon.co.uk/world-mental-health-day-2021)

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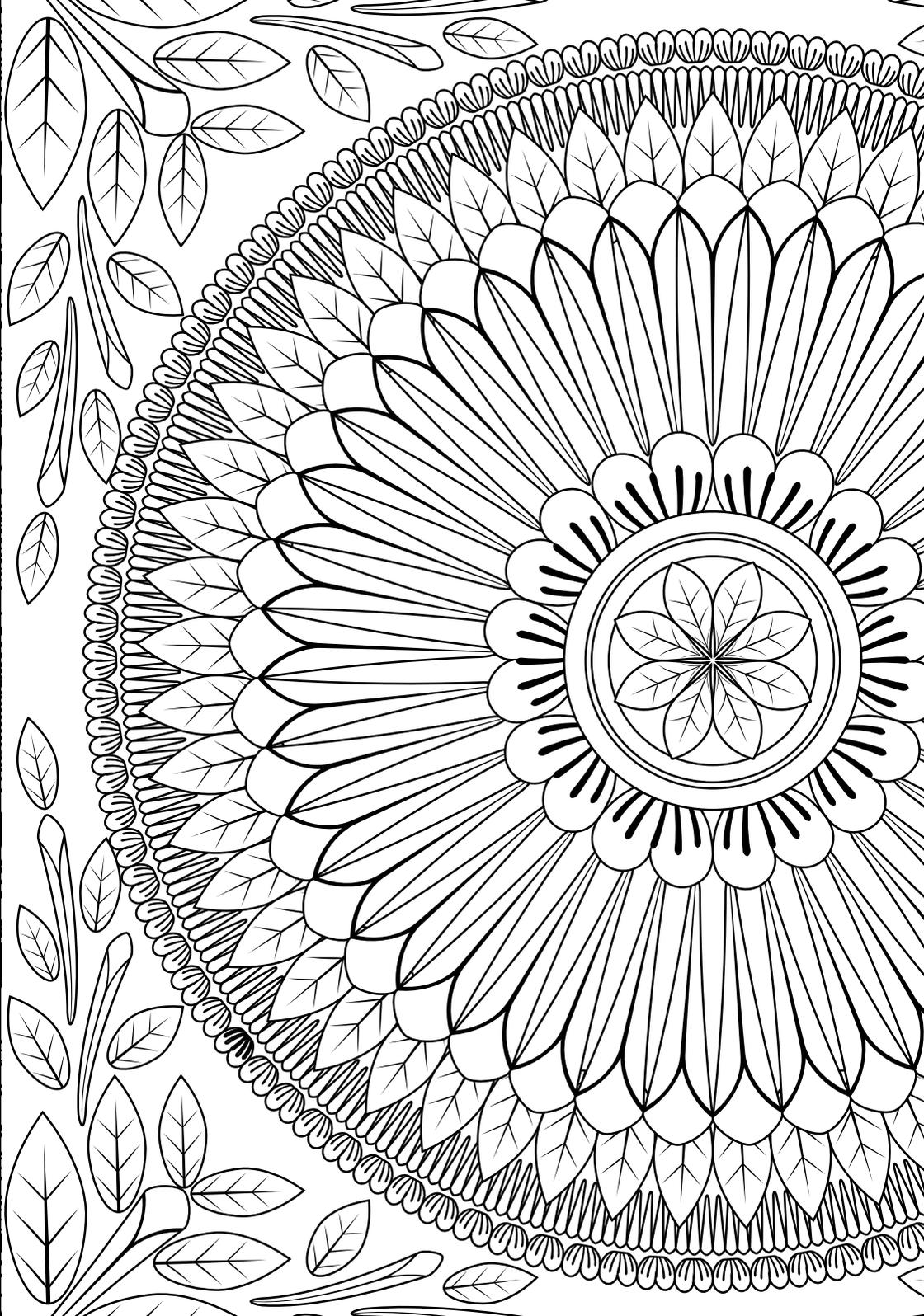




# MAKE IT MINDFUL IT'S COLOURING

“Everyone is encouraged to play their part when it comes to reducing the stigma around mental health”

Debbie Brown,  
Human Resources Director  
Canon UK & Ireland



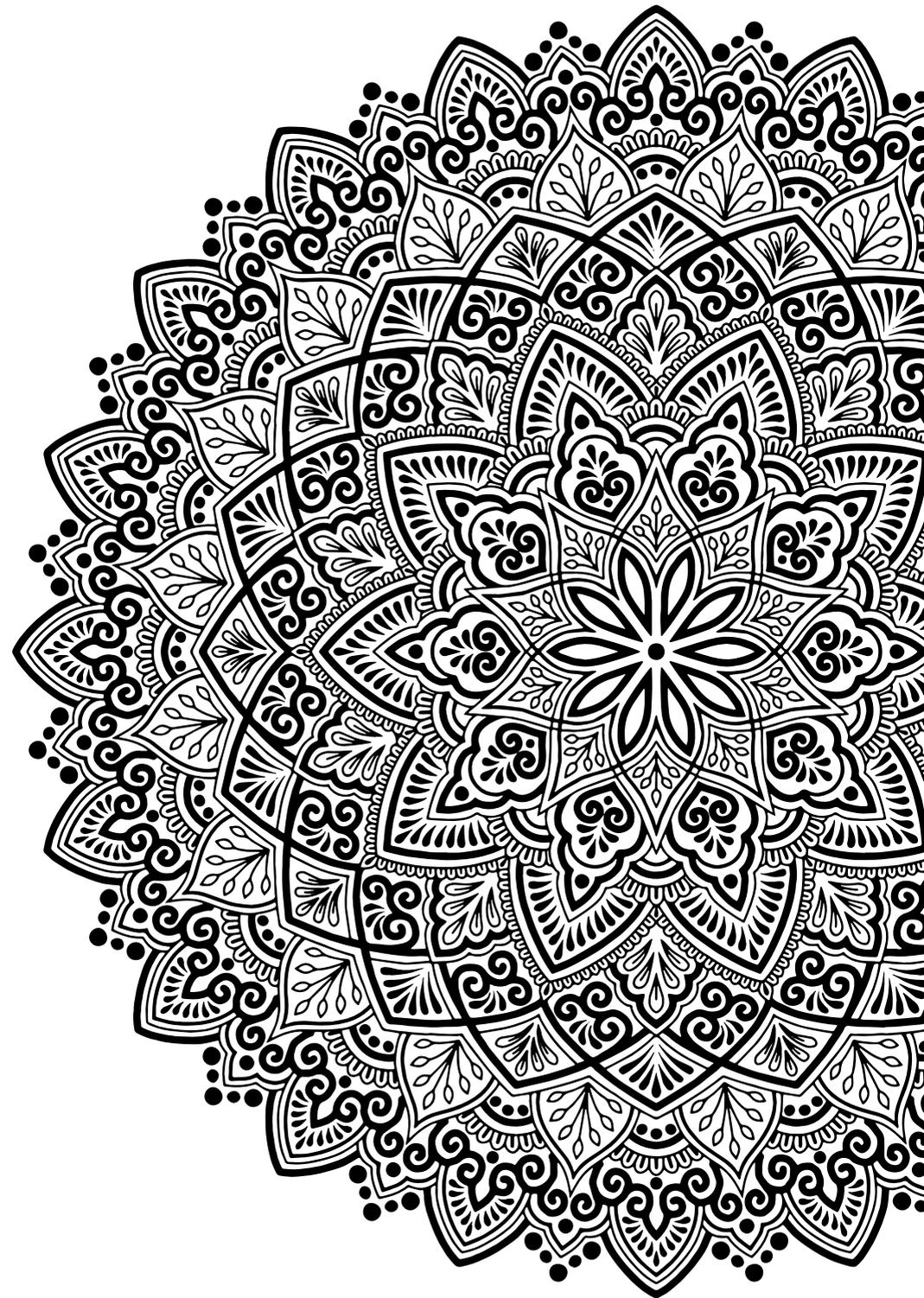


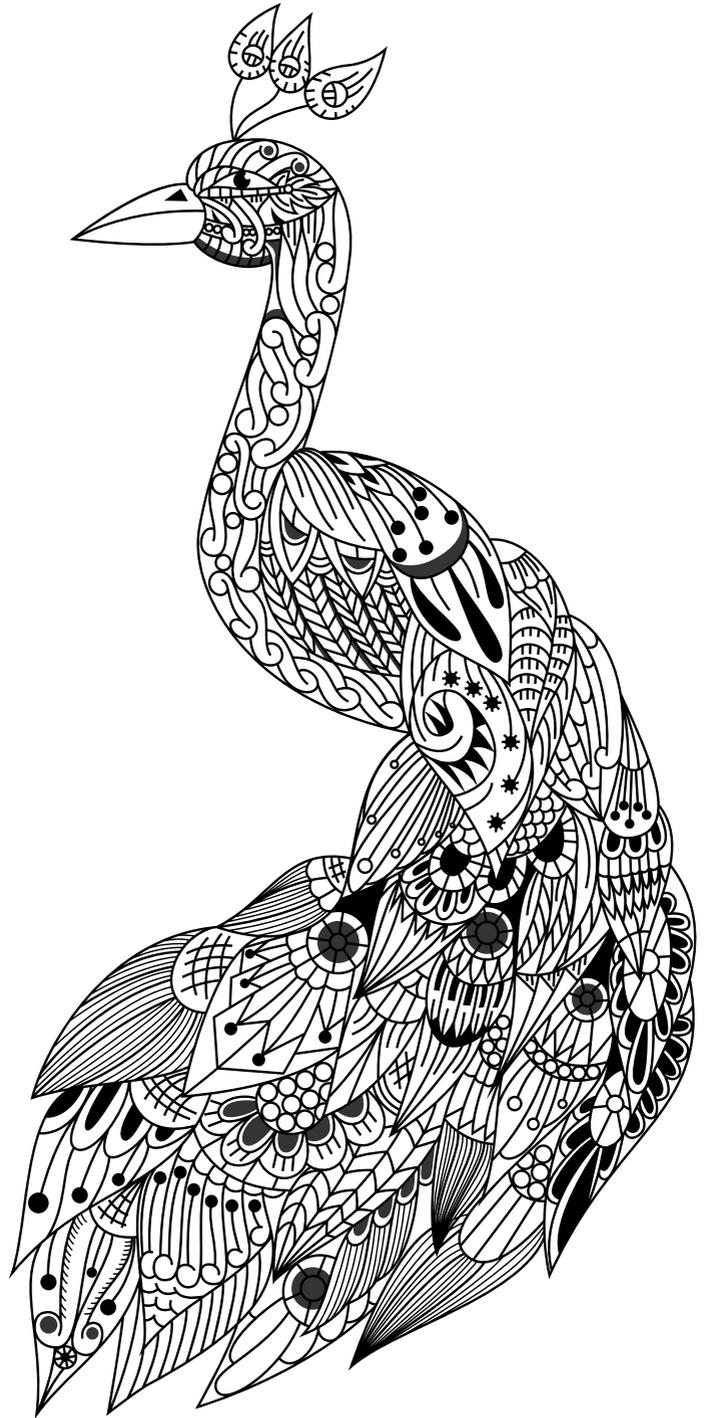
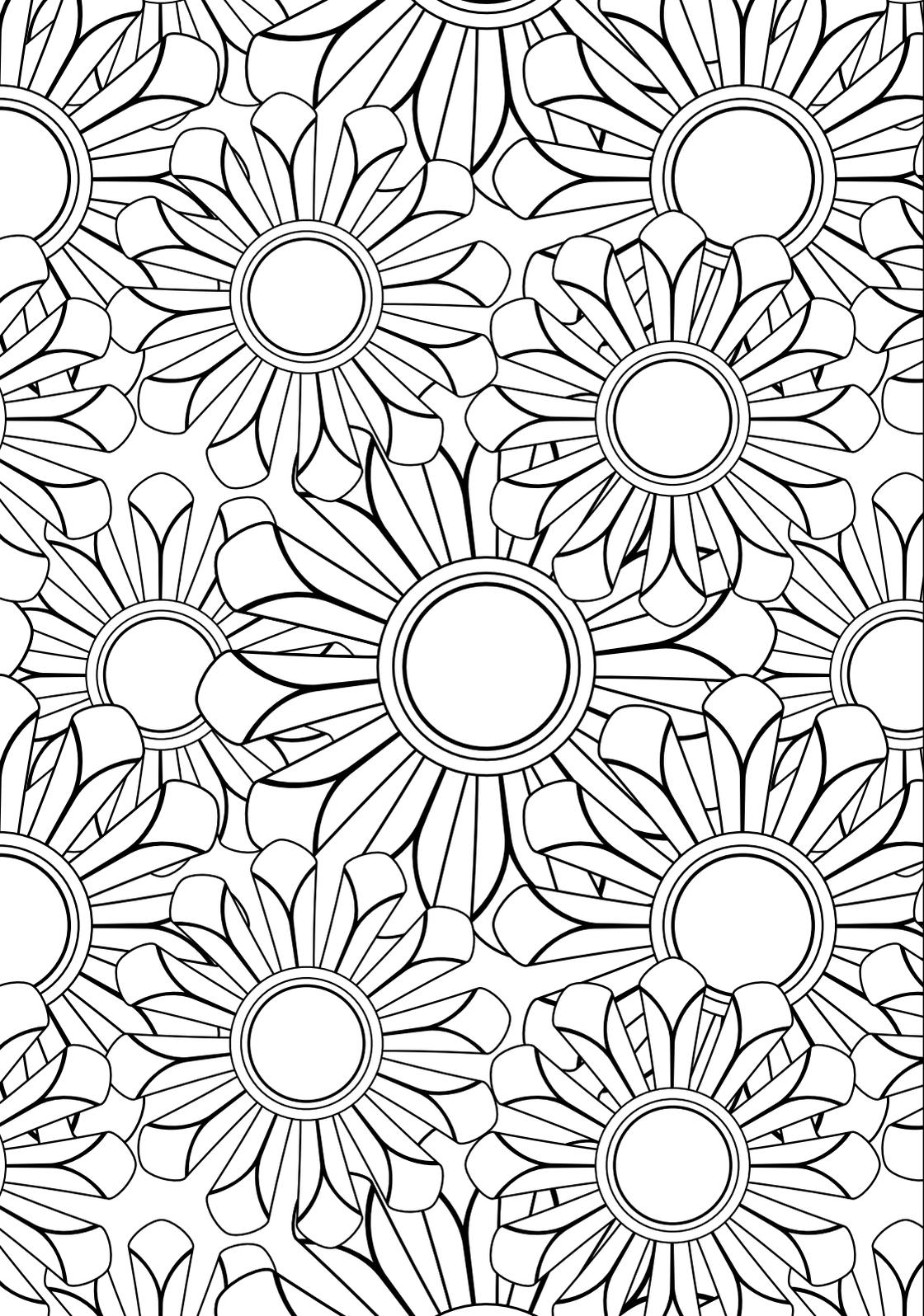
# MAKE IT

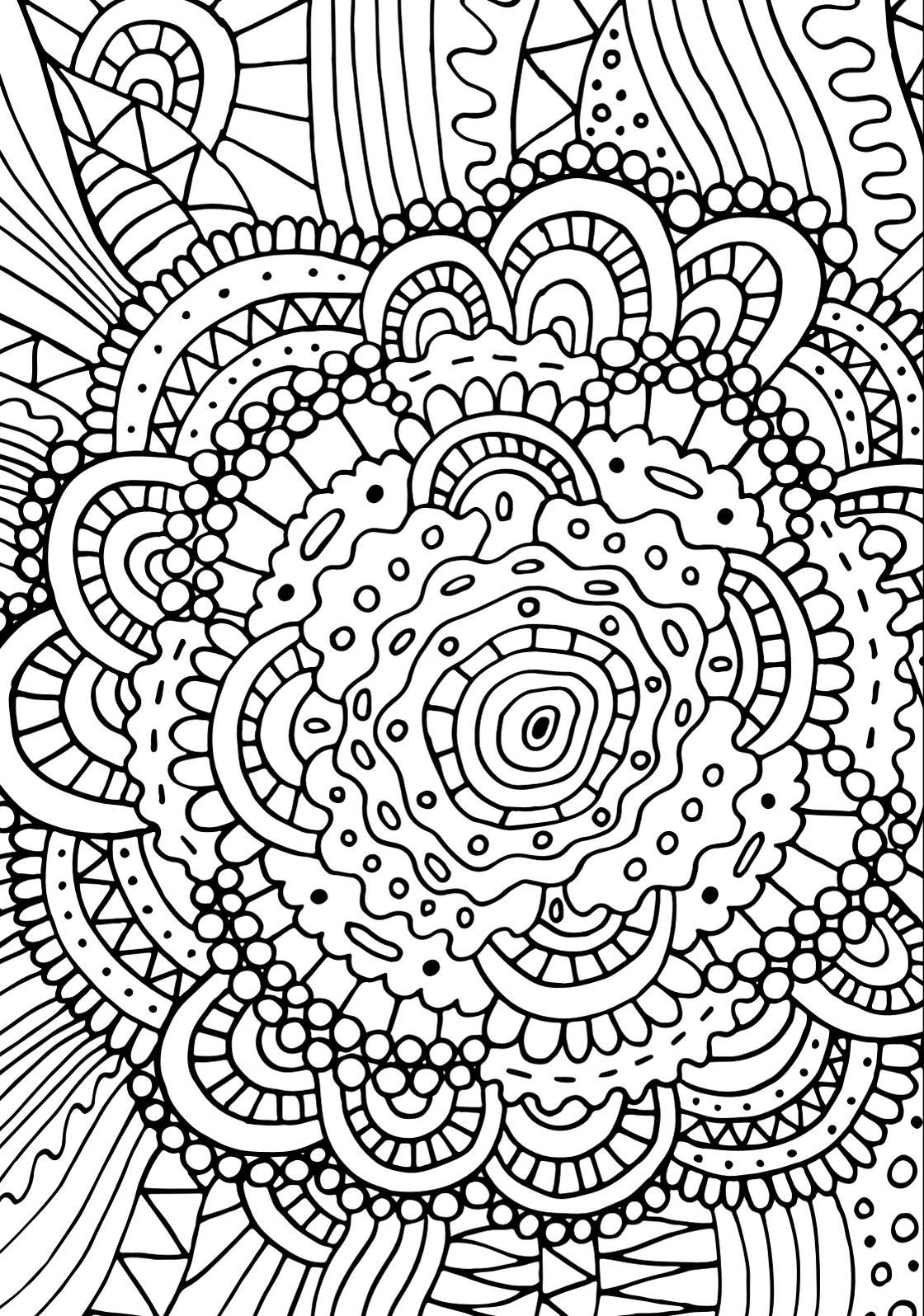
# MINDFUL COLOURING

#MakeitMINDFUL

Post your coloured pictures  
and join the global conversation  
on social media by tagging  
**#MakeitMINDFUL**  
**#WorldMentalHealthDay**  
to help raise awareness.







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# MINDFUL COLOURING

“Our people vision for Canon UK & Ireland is to be a diverse organisation and an inclusive place to work, with an aim to empower everyone to bring their whole selves to work; where they feel enabled to thrive and contribute to achieving our business goals. And, our inclusive approach couldn’t be more important than when we talk about mental health.”

Debbie Brown, Human Resources Director  
Canon UK & Ireland



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