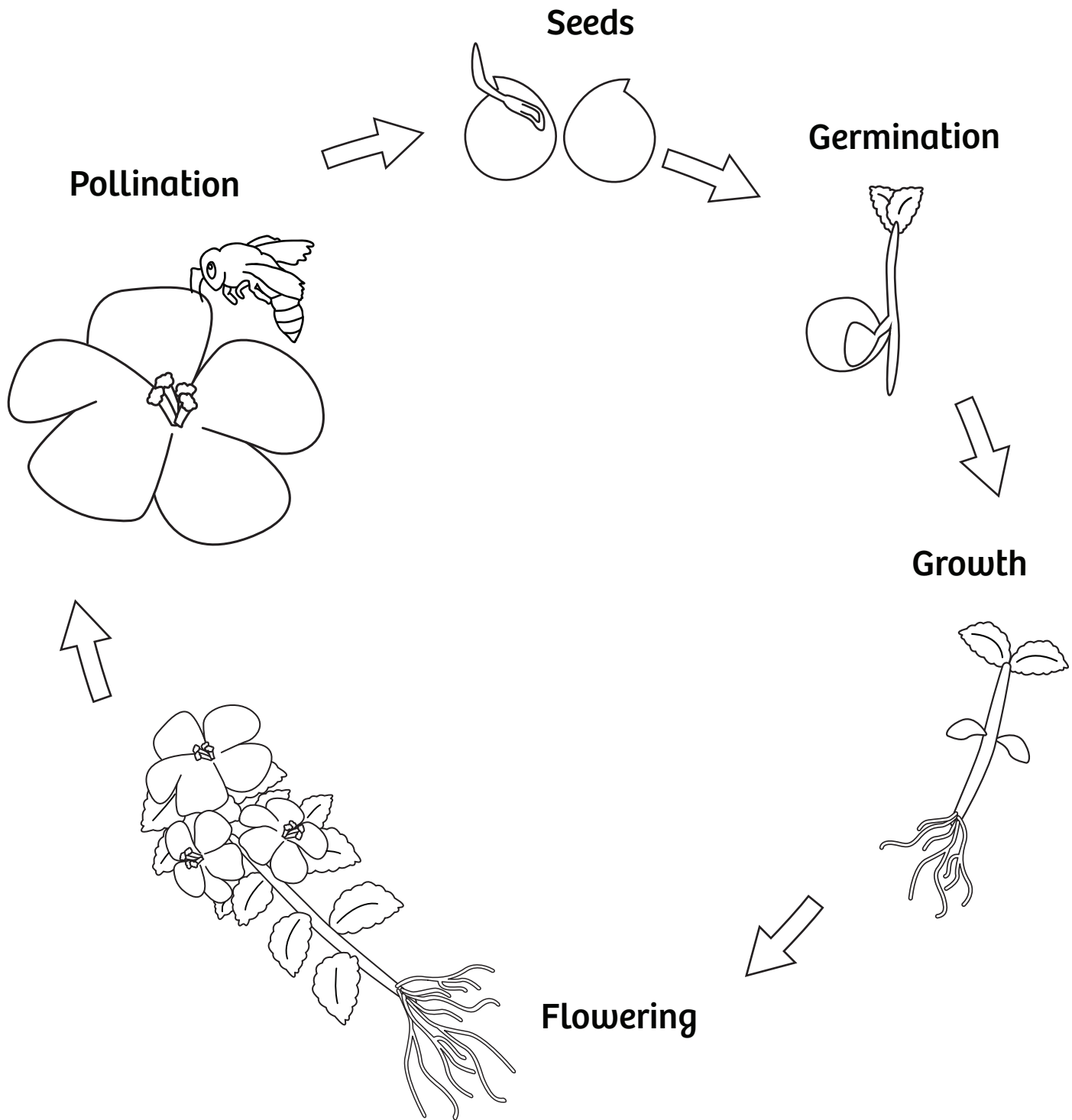


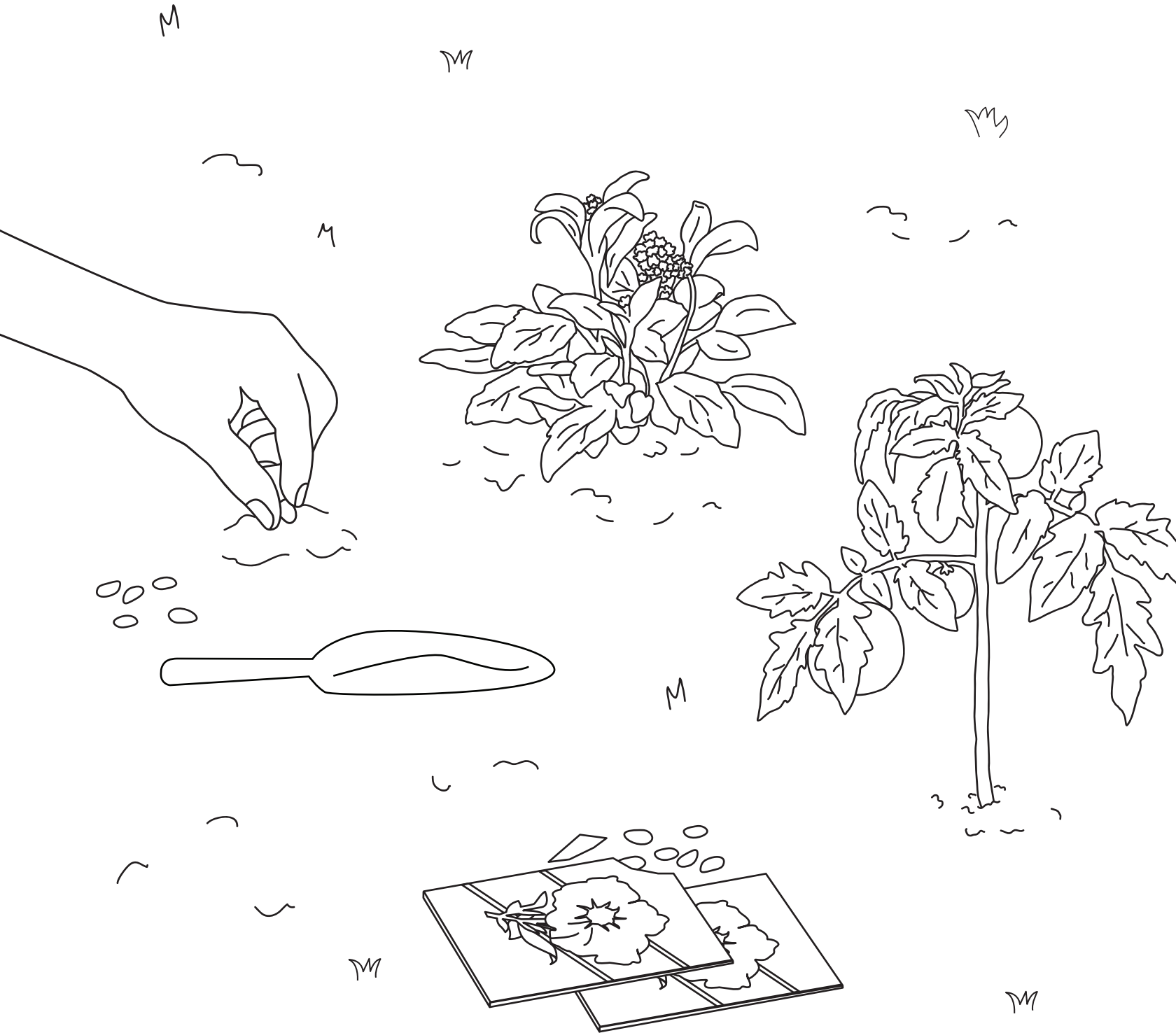
Bloom Where You Are Planted

An adult coloring book



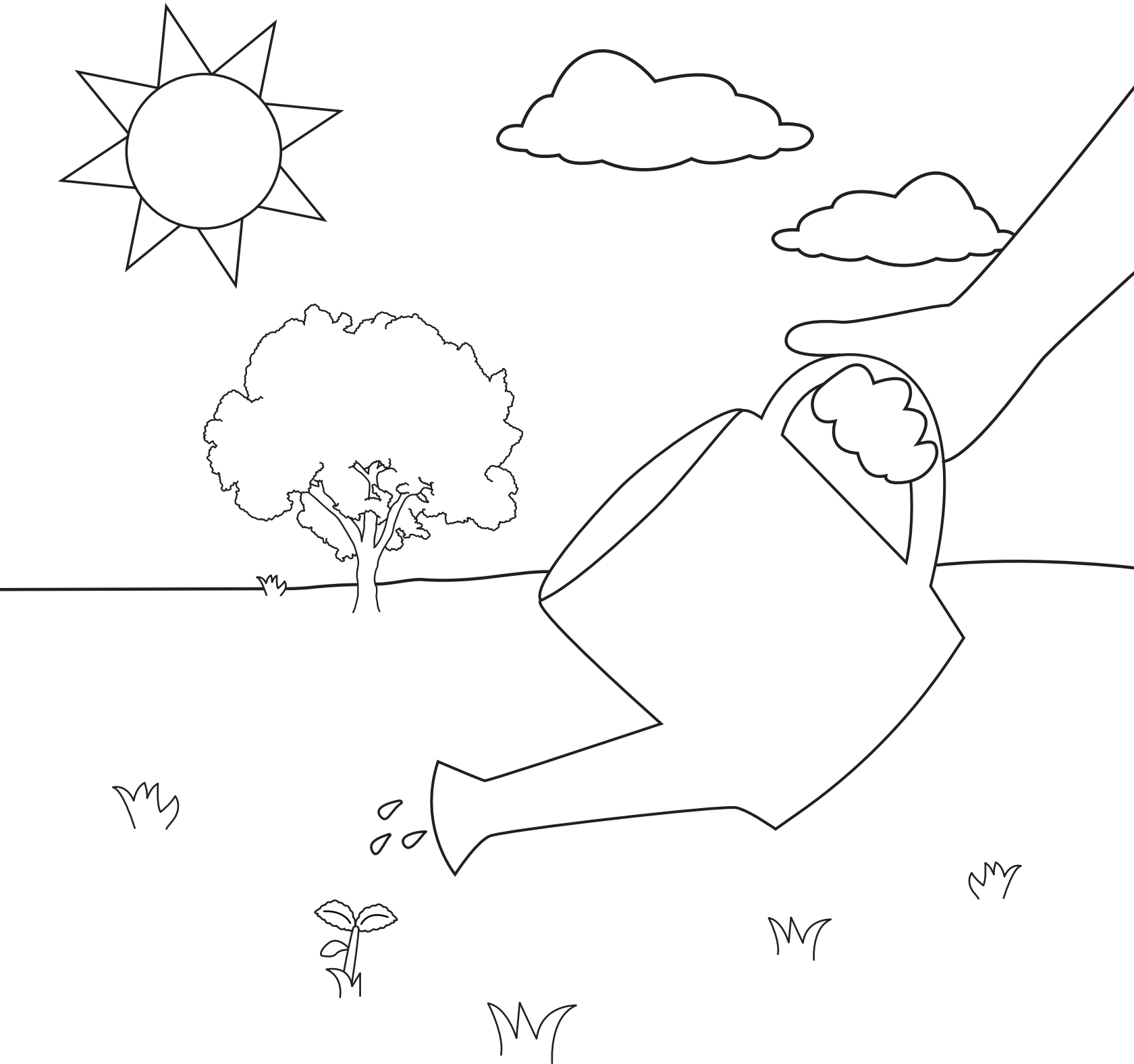
Most plants begin as seeds.

Seeds need warmth, water, and a positive environment to grow. We also need to be nurtured to grow.



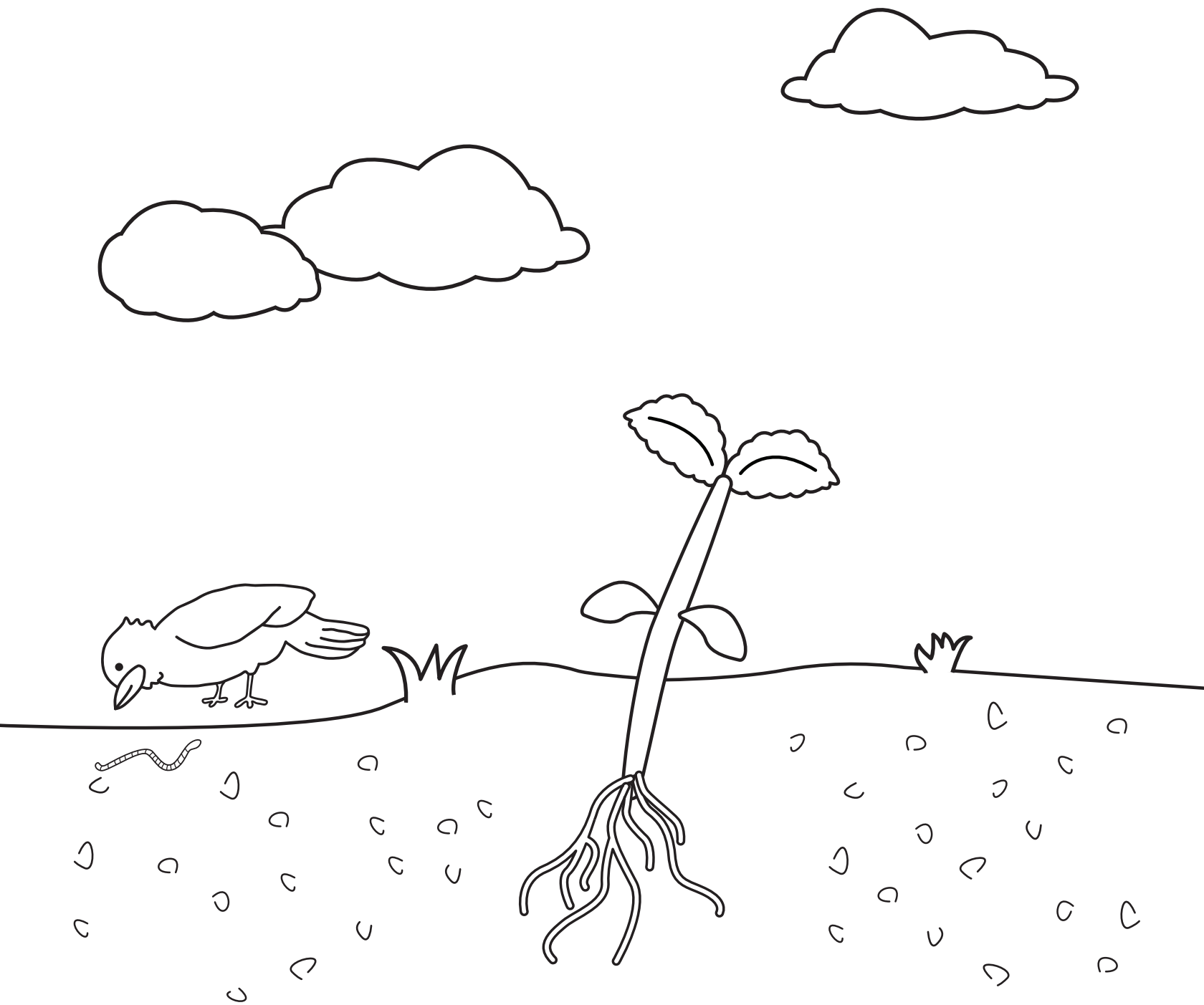
Step 1: Plant your seed.

First a seed must be planted. The seed may be planted in a pot, in the ground, or in a garden. No matter where we are planted, we all have the ability to thrive.



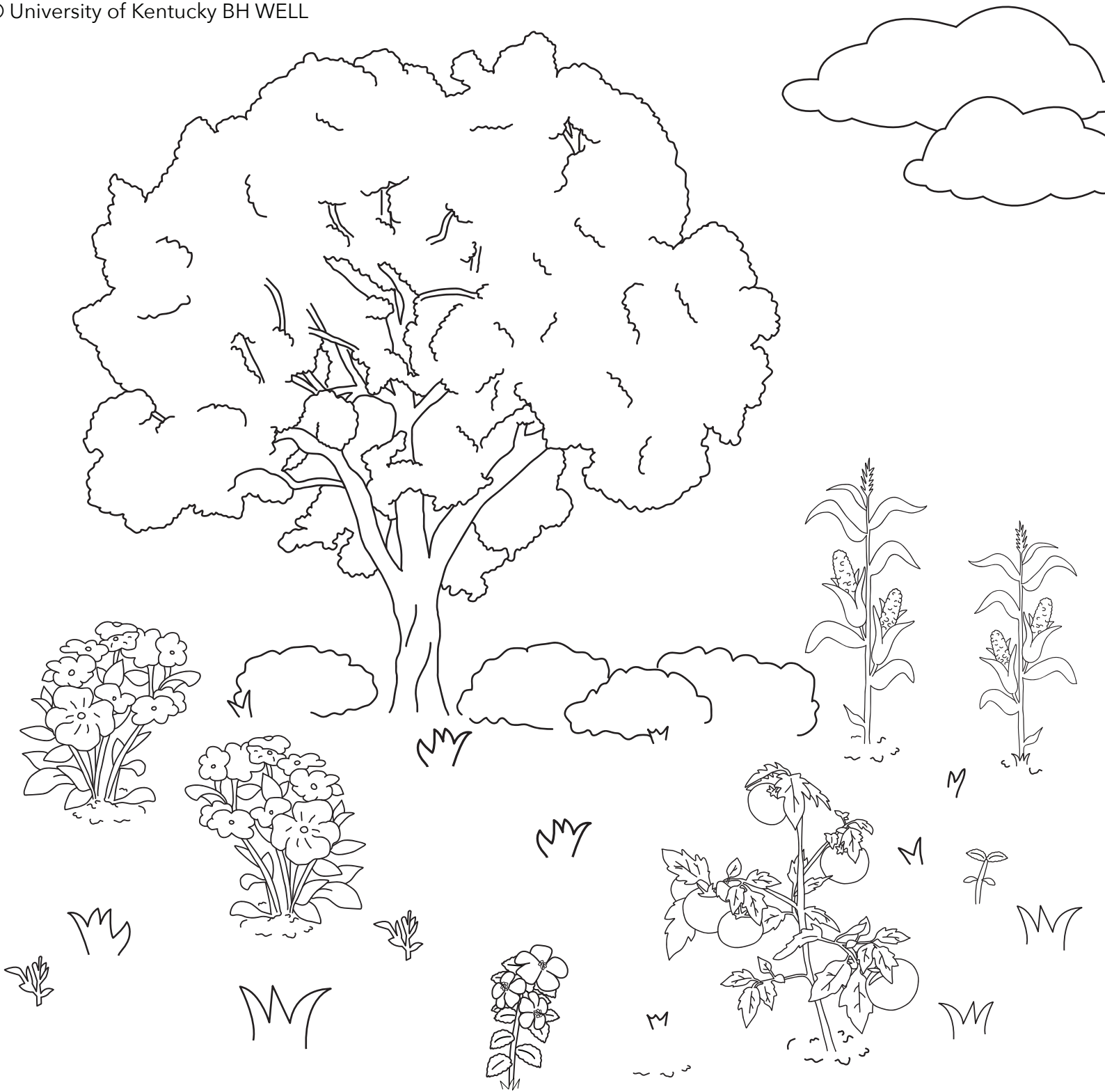
Step 2: Germination

Once your seed is given what it needs, you may see it begin to sprout. We all grow at different rates just like our seeds.



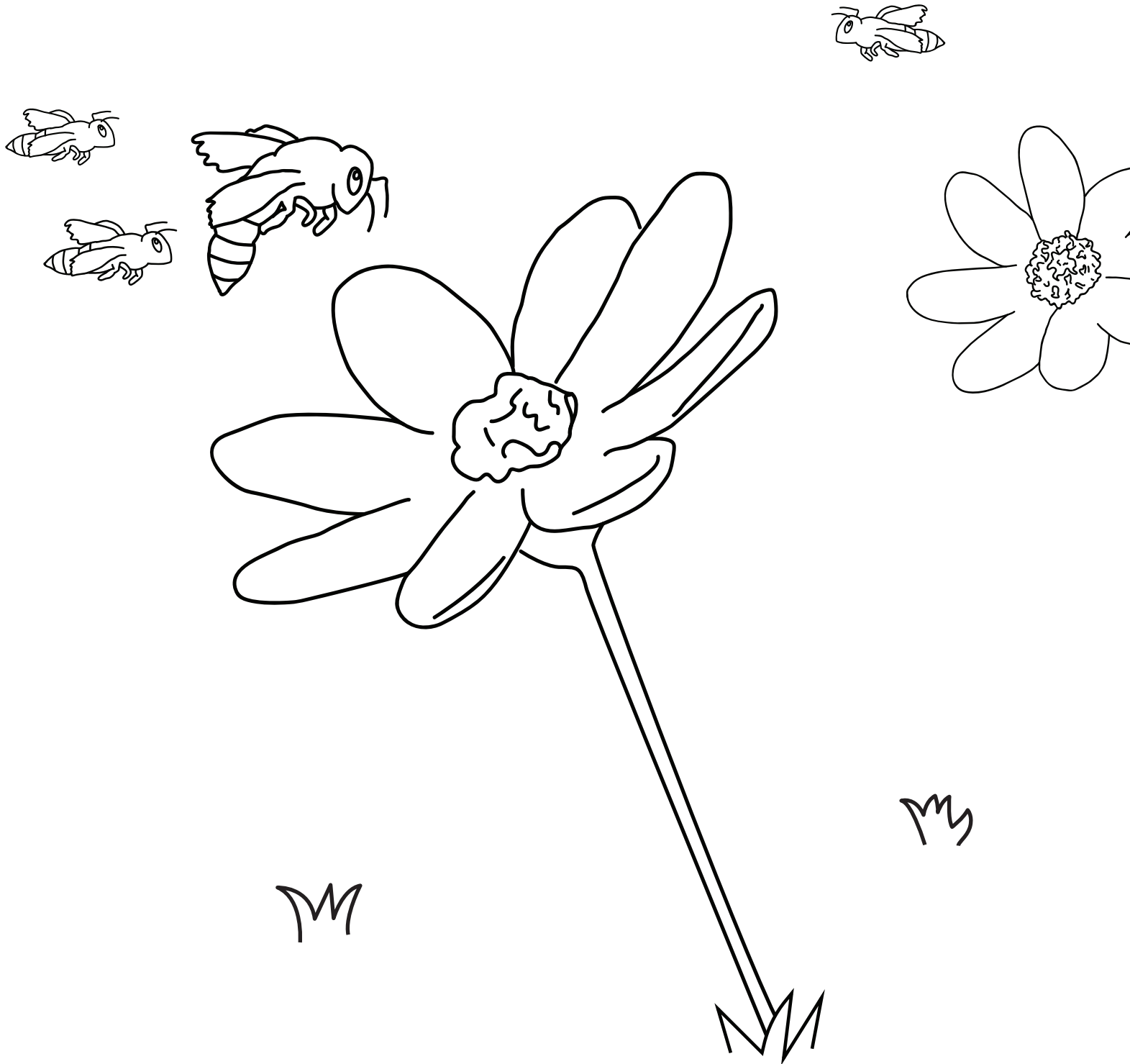
Step 3: Growth

The plant digs its roots deeper and becomes what it is meant to be. A plant grows and matures with time. Our growth can be quick or slow and steady.



Step 4: Flowering

After a seed's needs are met, it can blossom. Depending on the seed, it will turn into a beautiful flower, a yummy tomato, or a tall tree. You too can blossom and grow!



Step 5: Pollination

A flower can create offspring through pollination. Bees spread pollen from flower to flower and use it as protein to grow. Bees and flowers need each other to thrive, just as we need each other.

Much like plants, we grow and develop at different times. If we take the time to nourish our bodies we can bloom no matter where we are planted!



For more information about behavioral health wellness, go to www.uky.edu/bhwell.