

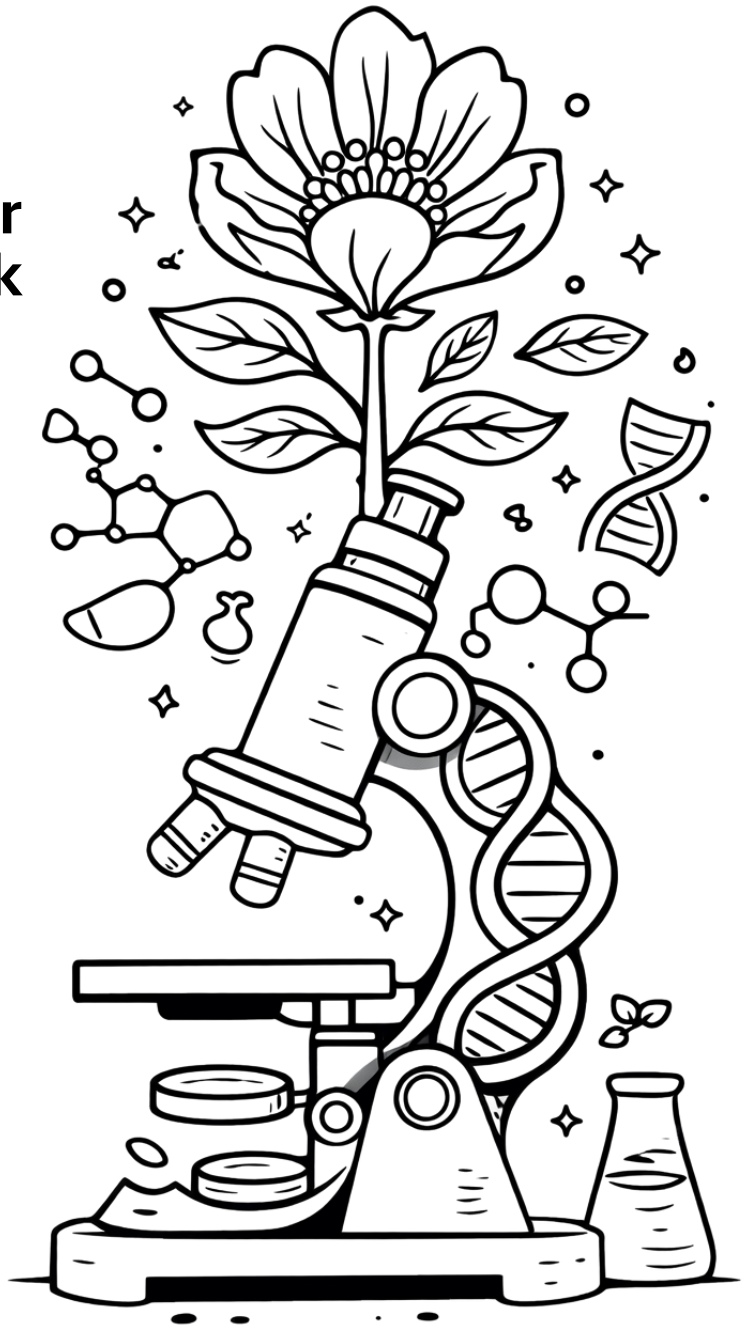


**PROTOCOL
FOR
CALM**

vhbio

responsive service
and support

**Welcome to
Protocol for Calm,
an activity book for
scientists who think
too much.**

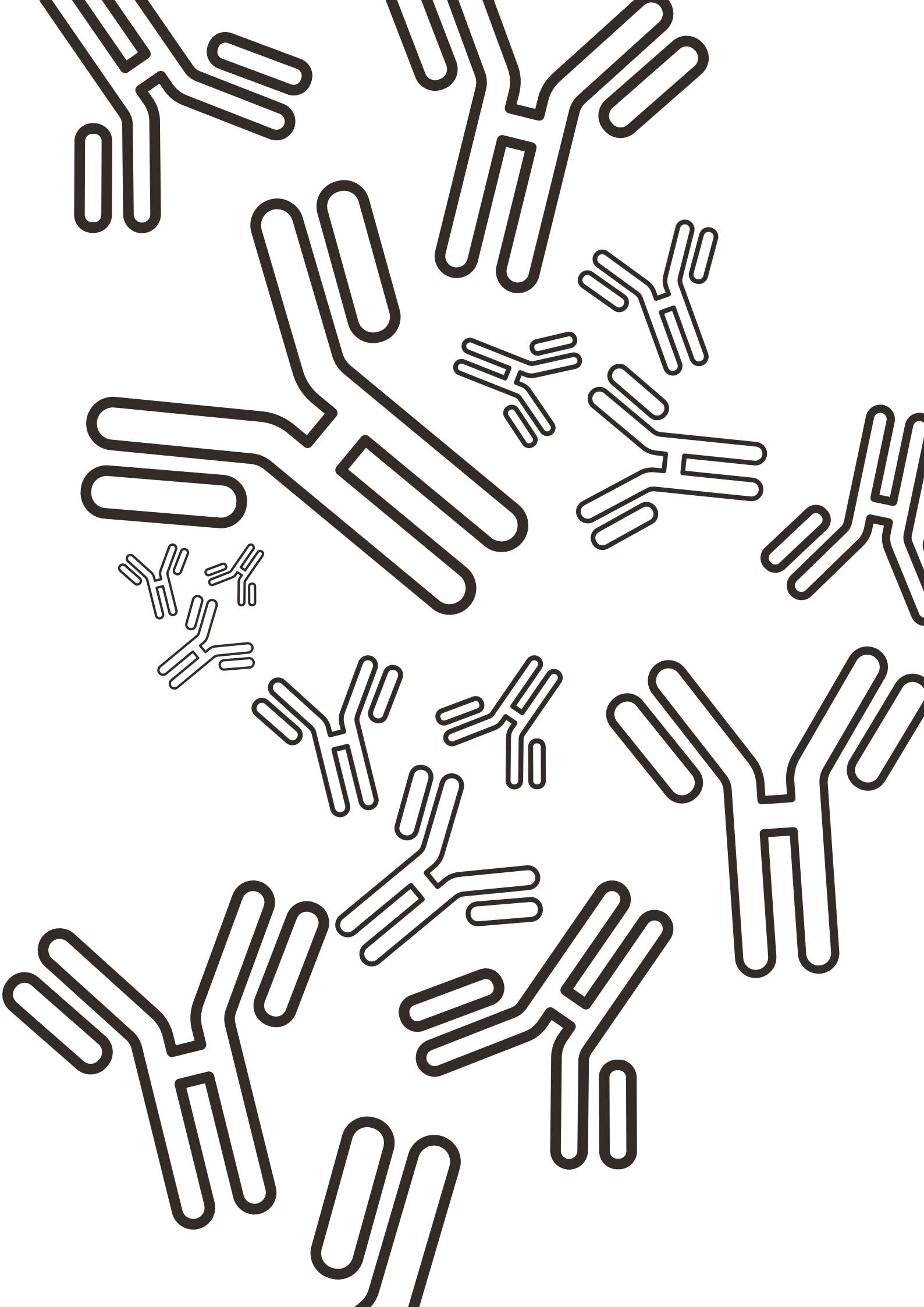


Mental health is something we take very seriously at VH Bio. We are much more than just a commercial enterprise, we are a family, built on core principles of looking after each other and our wider customer base.

Studies have suggested that colouring and activity books can benefit adults' mental health, potentially reducing symptoms of depression and anxiety. We hope you'll take some time to colour in our designs and have a go at solving some puzzles while clearing your head.

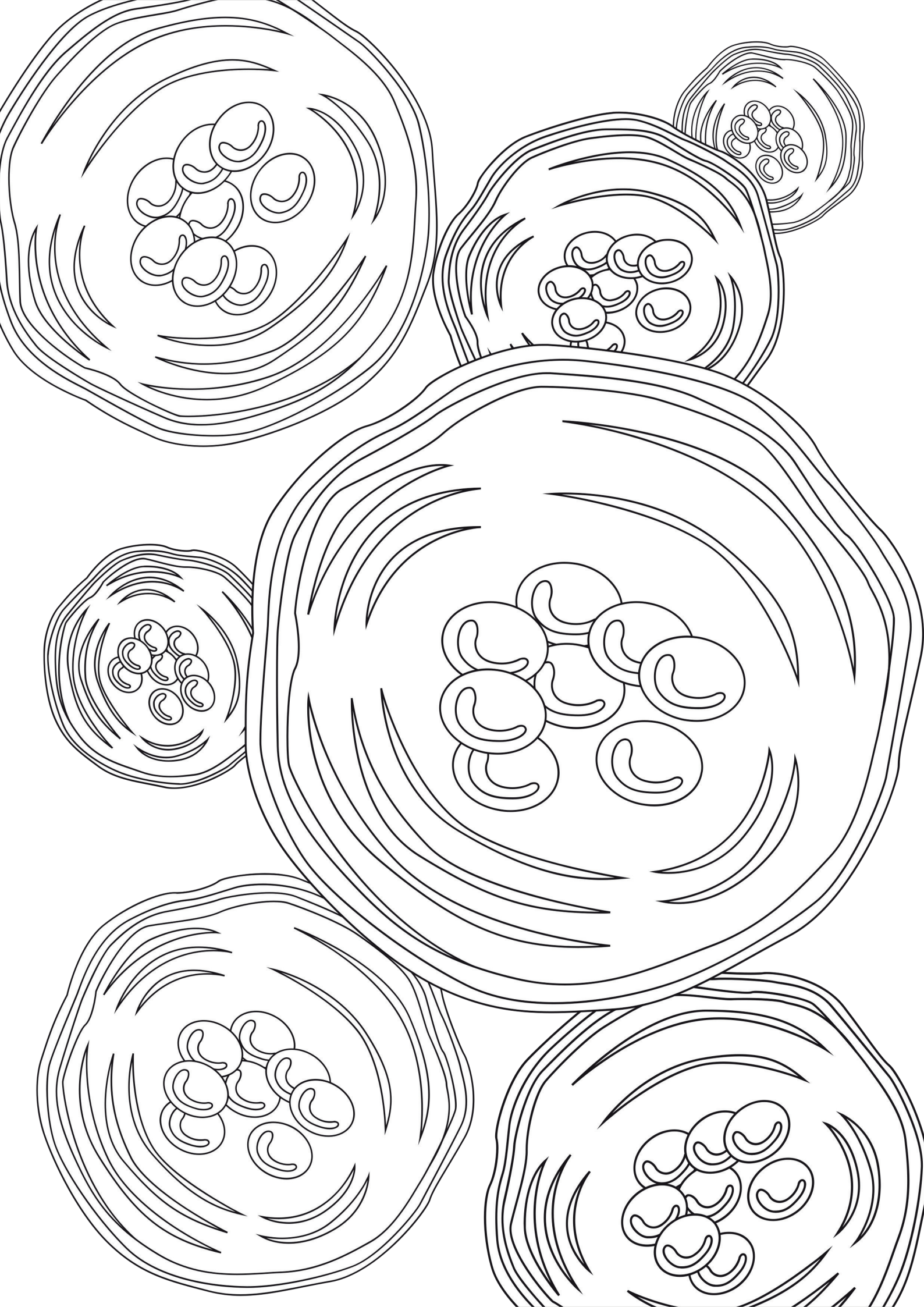
VH Bio is proud to partner with If U Care Share, an independent charity based in the North East of England. The charity does life saving work focusing on the prevention and intervention of suicide as well as the support for those bereaved by suicide.

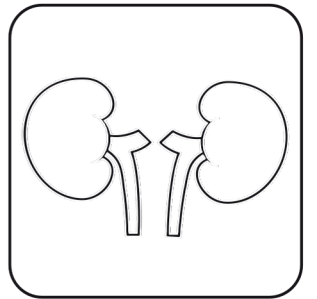
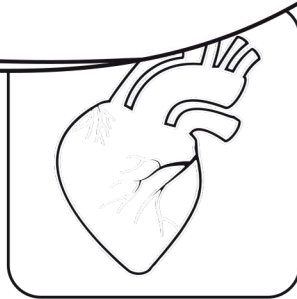
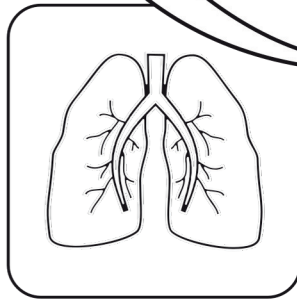
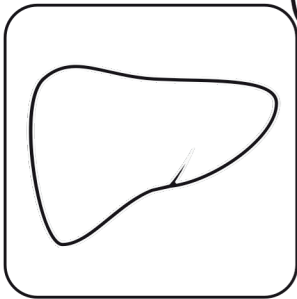
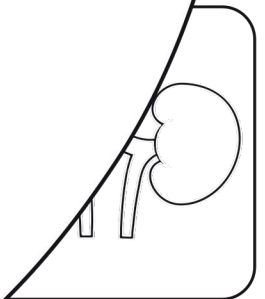
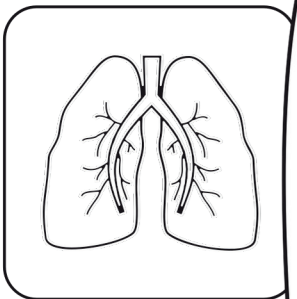
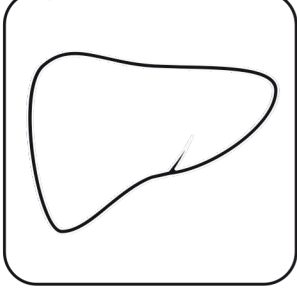
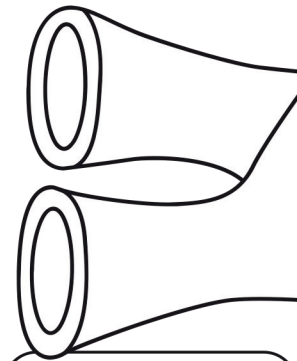
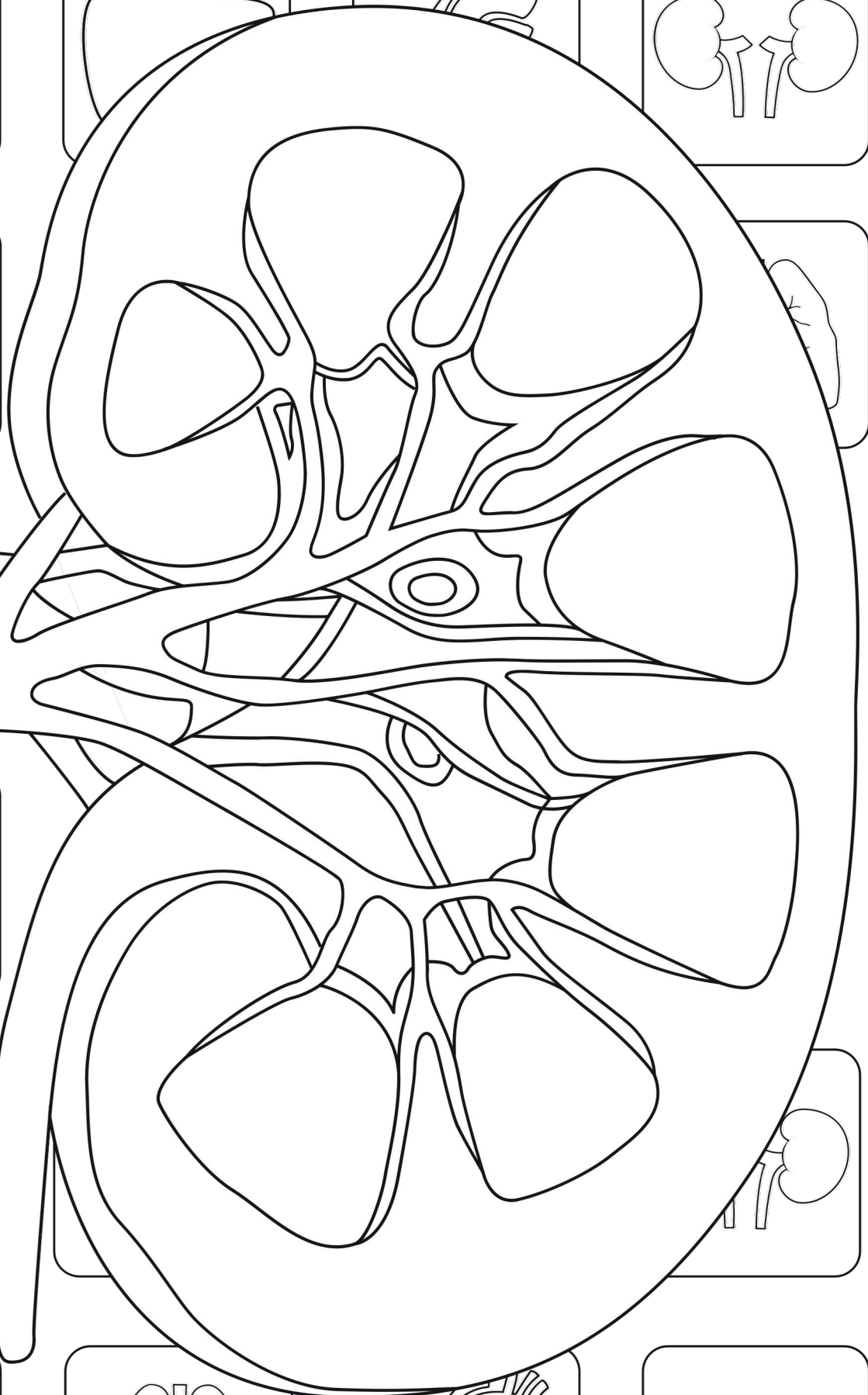
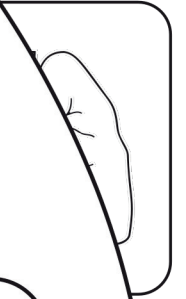
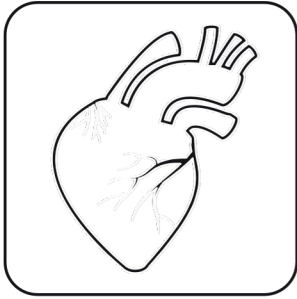
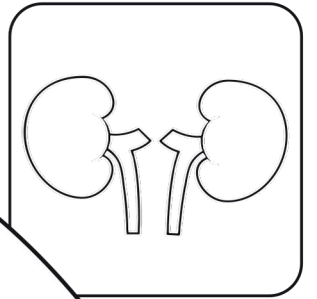
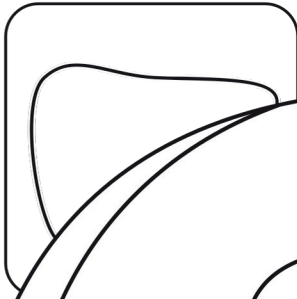
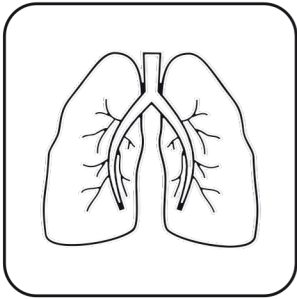
Visit www.ifucareshare.co.uk for more information.



SPOT THE DIFFERENCE







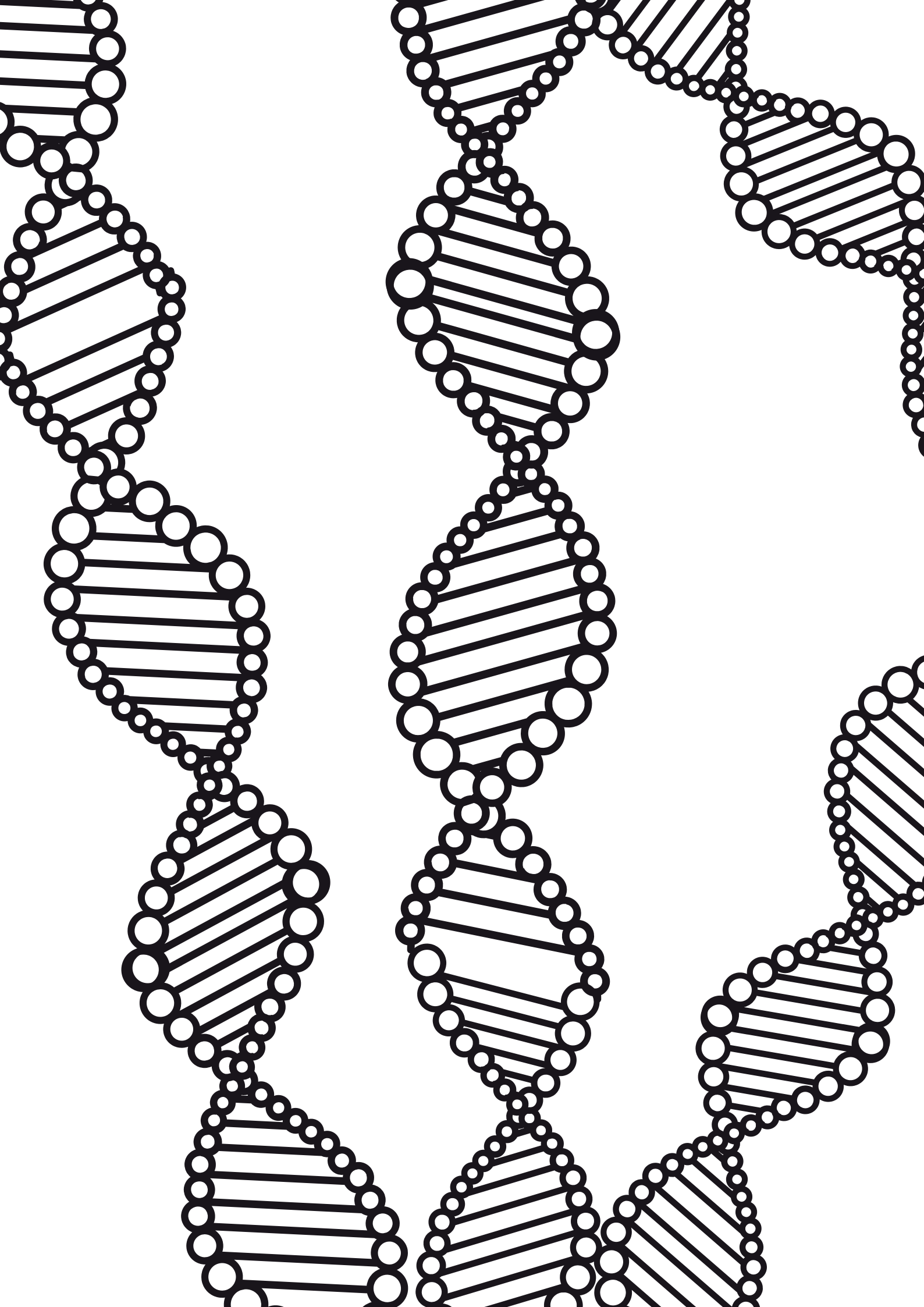
WORD SEARCH

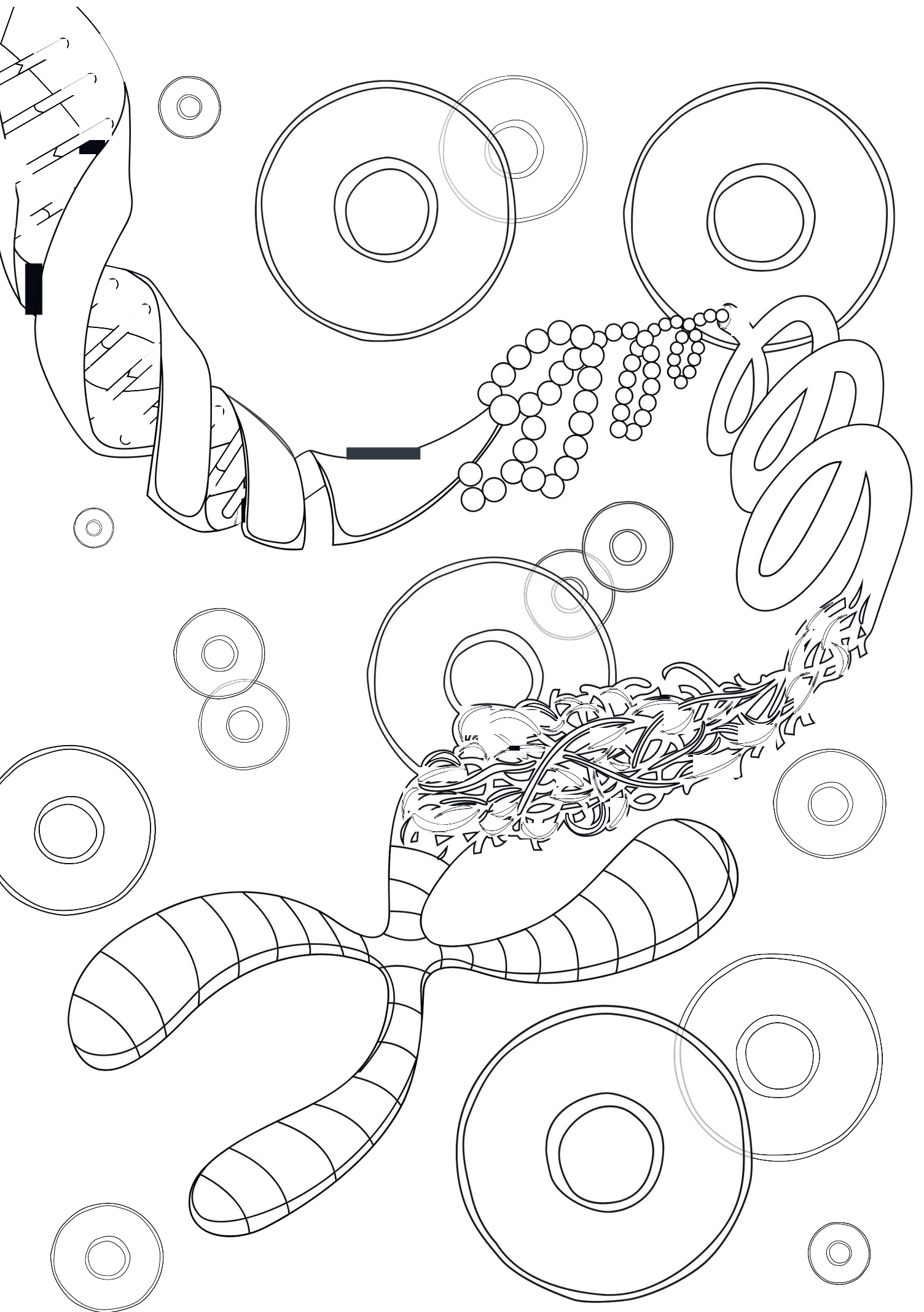
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E M G H I A H I S A T L V G K S T O
R B W W S B I M G Y B L N C R K R K
O D I P T O M M V Y B K J V Y K A Q
L T B X O R E U G O R T P D L A N D
O B A D C A R N E K E J V I R E S D
G Y M D O T I O N G S Z Z A E M P Q
Y P I C M O S G O A E K S G S E L P
P A C F P R M E T N A S S N P T A S
V T R D A Y Z N Y T R C U O O A N C
H H O N T I J E P I C G P S N G T I
B O B A I S E T I B H E P T S E A E
I G I K B E B I N O D N O I I N T N
O E O J I R J C G D T E R C V O I T
R N L X L V M S X I Y T T S E M O I
A Q O E I I O B G E V I T U V I N S
W T G J T C C U O S X C Z V A C Q T
D P Y N Y E B M D E M S S L X S S Q

MICROBIOLOGY
TRANSPLANTATION
IMMUNOGENETICS
RESPONSIVE
SERVICE
SUPPORT
HISTOCOMPATIBILITY

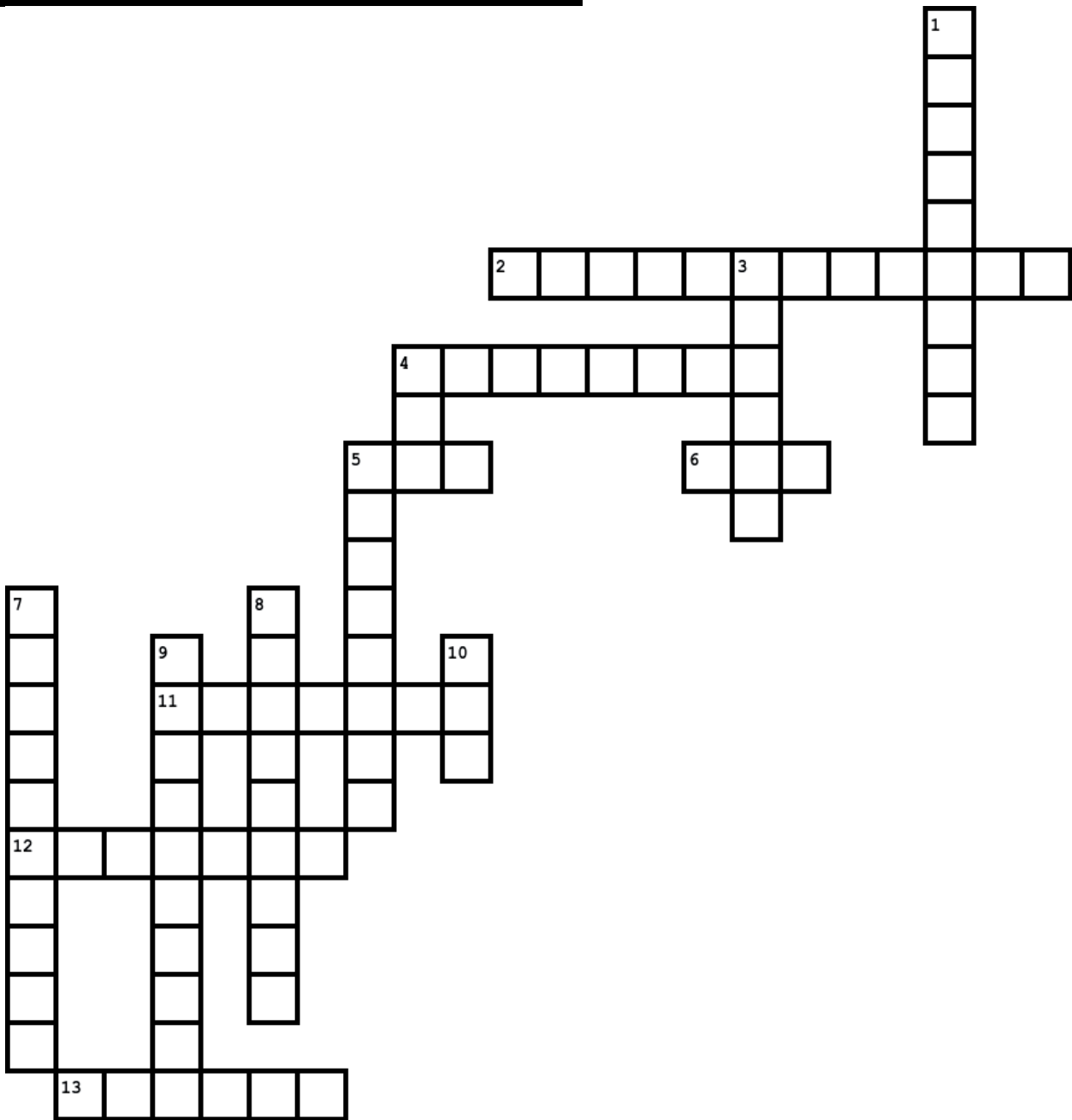
DIAGNOSTICS
RESEARCH
ANTIBODIES
PATHOGEN
DDCFDNA
GENOTYPING
NGS

LABORATORY
SEROLOGY
SCIENTIST
CHIMERISM
METAGENOMICS
GENETICS
VHBIO





CROSSWORD

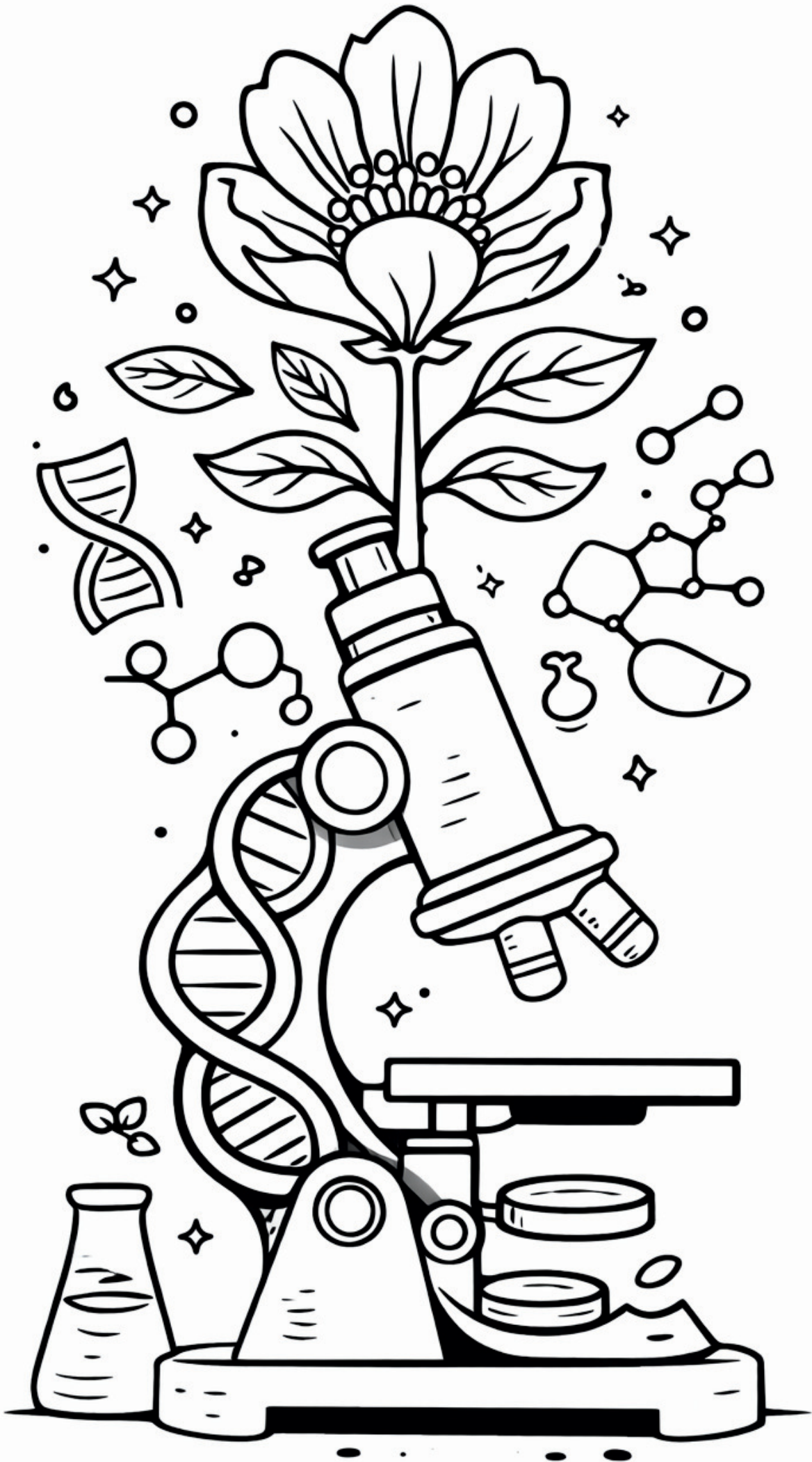


Down

1. Programmed cell death important in immune regulation
3. Antibody-producing lymphocytes
4. Cell surface complex presenting antigens
5. Microorganism capable of causing disease
7. Laboratory test to assess donor–recipient compatibility
8. Signalling molecules released by immune cells
9. Innate immune cell that engulfs pathogens
10. Genetic material found in nearly all cells

Across

2. Study of microorganisms
4. Selective barrier surrounding a cell
5. Technique used to amplify DNA or RNA
6. Human leukocyte antigen system assessed before organ transplant
11. Substance recognised as foreign by the immune system
12. Cell division producing two identical daughter cells
13. White blood cells central to adaptive immunity



COLOUR-BY-LOGIC

Finish the DNA structure using the following rules:

Base Pairing Rule

Bases that pair together must be coloured complementary colours.

Complementary pairs:

Pair A: blue & yellow

Pair B: green & red

Strand Orientation Rule

Bases on the left strand may not be coloured red.

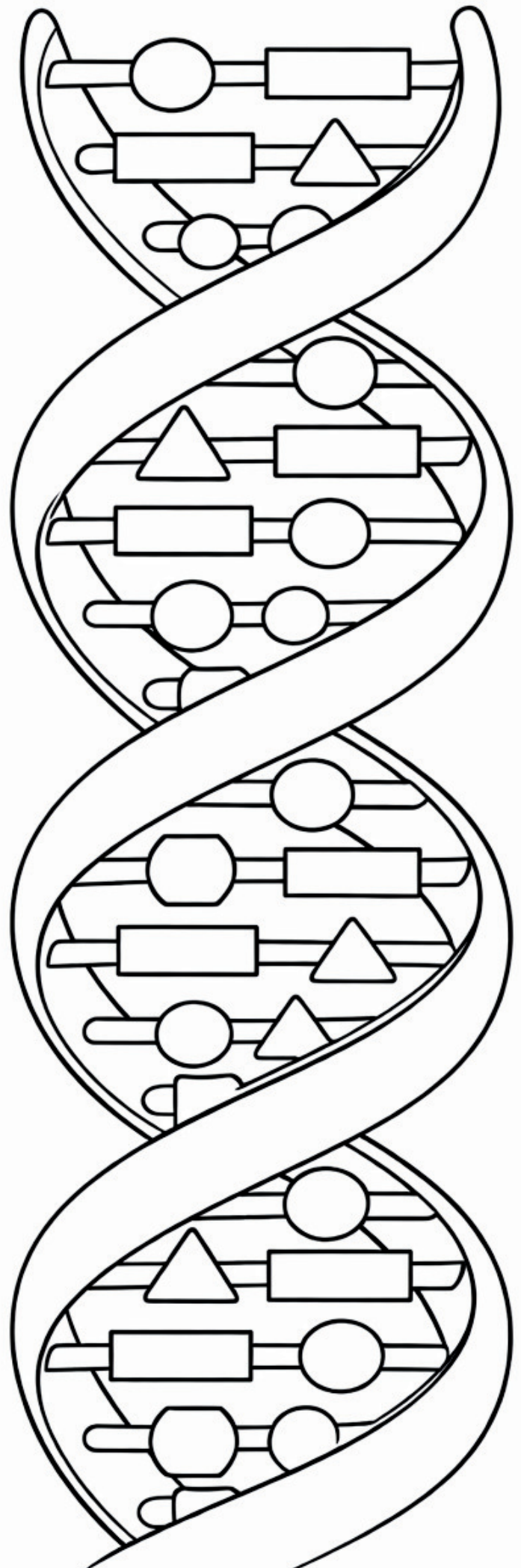
Bases on the right strand may not be coloured yellow.

Balance Rule

Each full turn of the helix must contain:

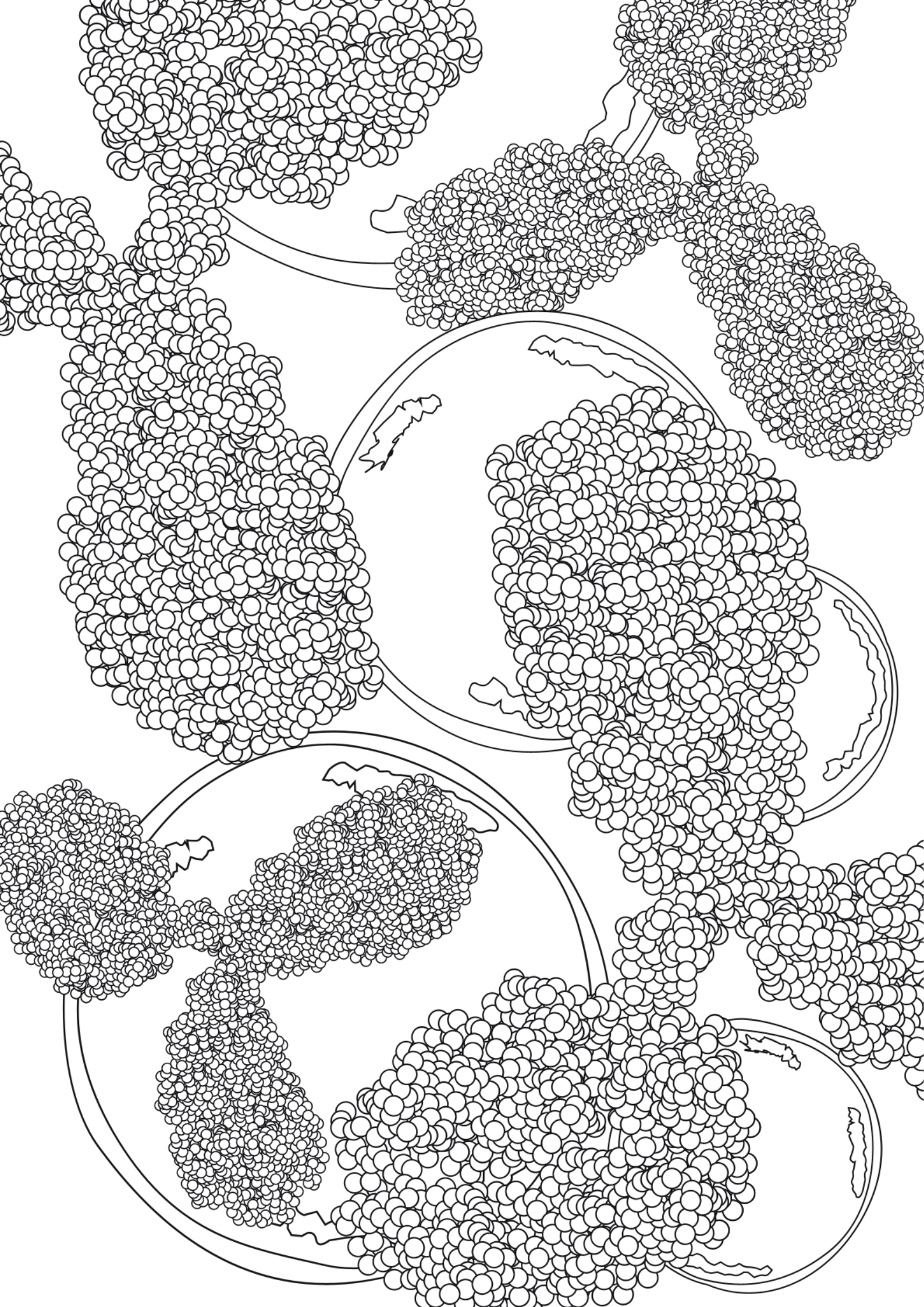
Exactly two blue bases.

Exactly two green bases.



Observations:

Notice the repetition and symmetry as you colour.
Did your sense of calm change as the pattern emerged?





Scan for solutions to the puzzles:





VH Bio Limited is a leading supply and distribution company for the life sciences industry within the United Kingdom and Republic of Ireland, specialising in key areas of science including Transplant Diagnostics, Molecular Biology, Immunology and Cell Biology.

Please share your completed artwork with us on social media!

vhbio.com

