

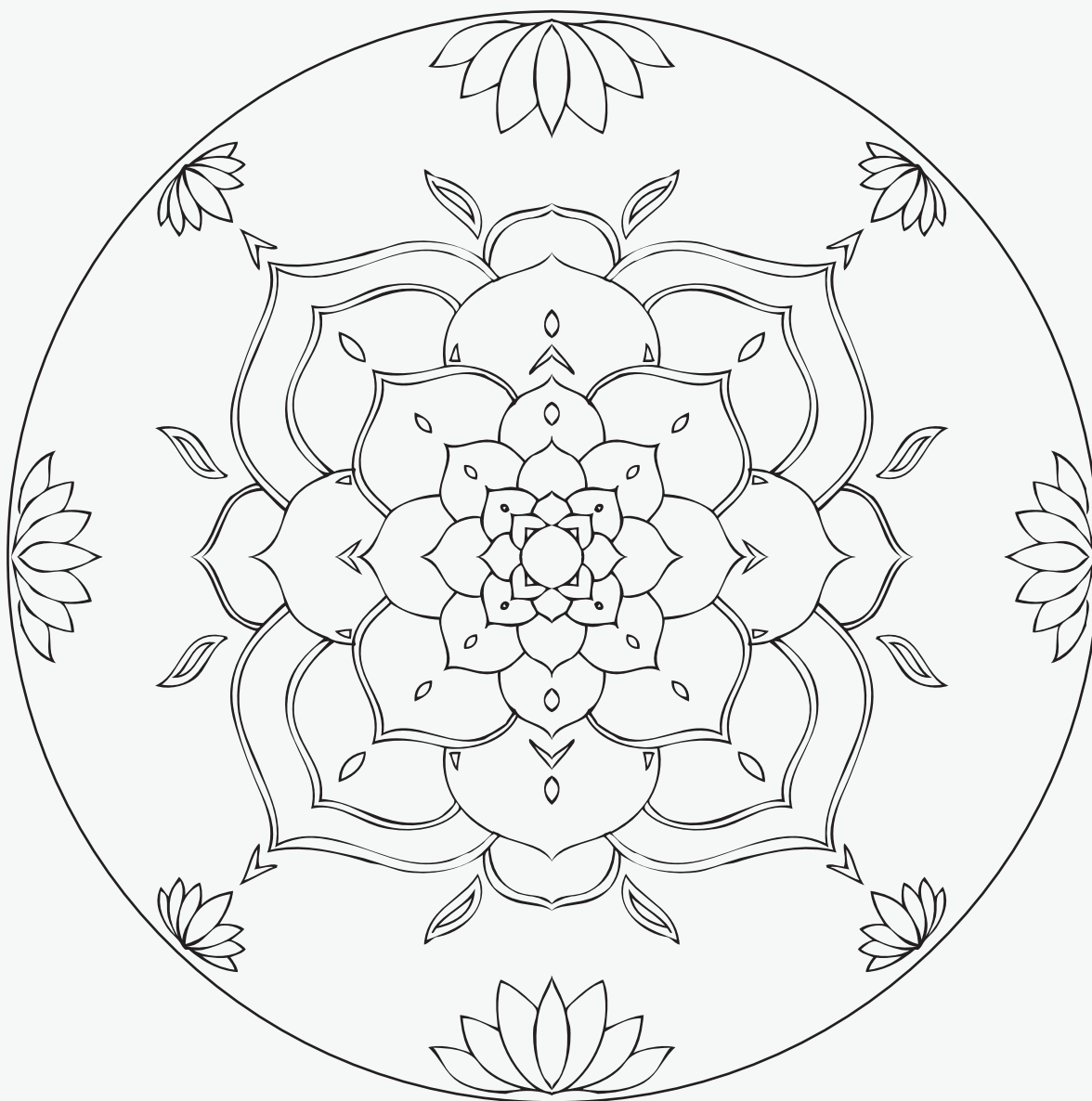


Colouring can be an enjoyable alternative to meditation or mindfulness, and can be used as a way to reduce feelings of anxiety¹. In particular, colouring-in a mandala (a round shape) has been found to be the most beneficial form of colouring in for reducing anxiety².

If you are experiencing uncomfortable emotions, focusing on a task such as colouring in, can be a useful distraction that allows these emotions to gradually pass³. Calming your mind in this way helps you put up with those unwanted emotions and thus can stop you acting in ways that might make things worse.

Colouring is also good for us because it uses the part of our brain responsible for improving concentration, motor skills, problem solving and organisational skills⁴. This is particularly true if you are colouring detailed pictures, with complex colour schemes and trying to make your picture look aesthetically pleasing. However, you don't have to start out colouring in complicated designs - you can start with simple ones and build up to more complex designs when you feel ready.

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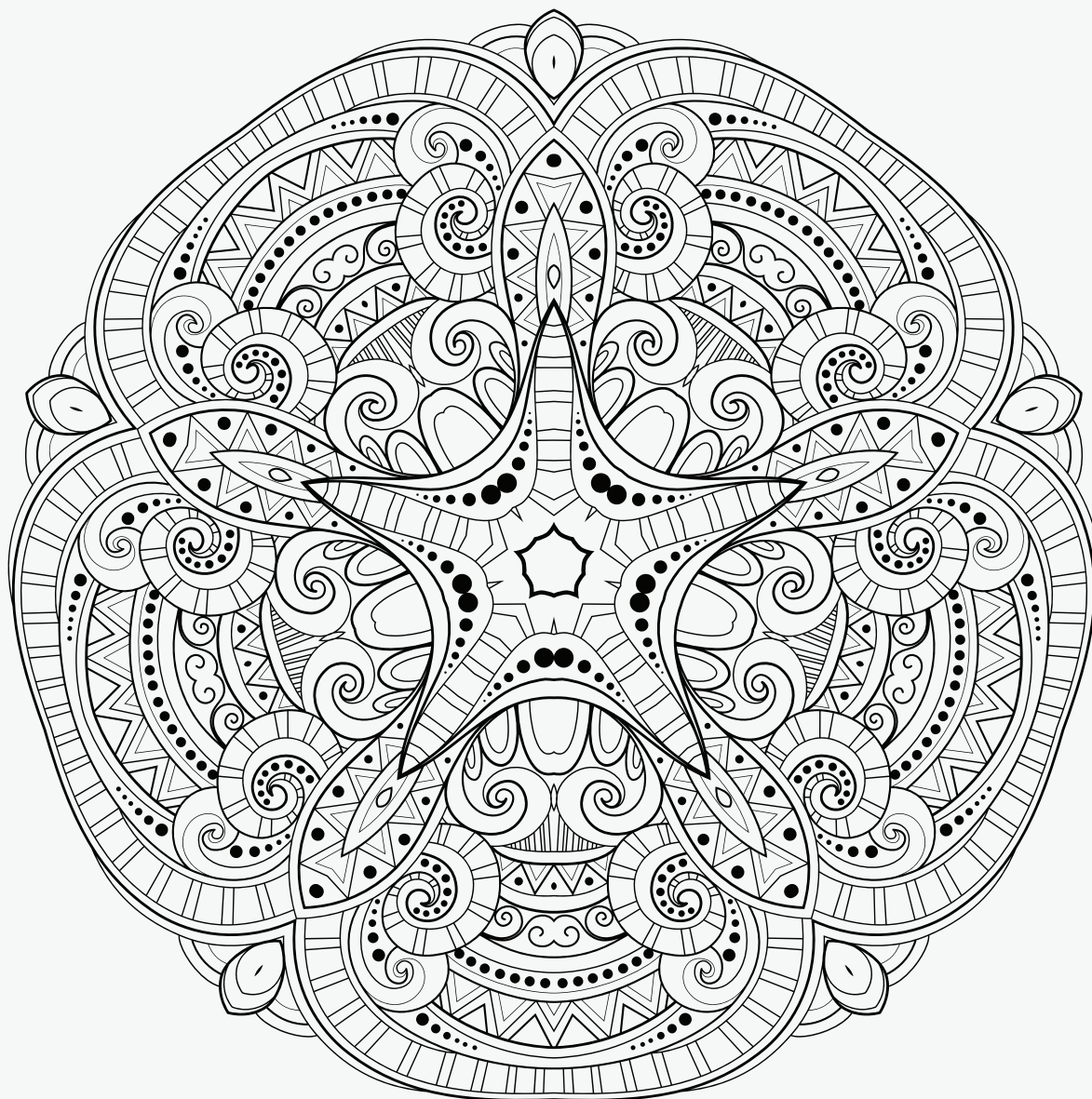


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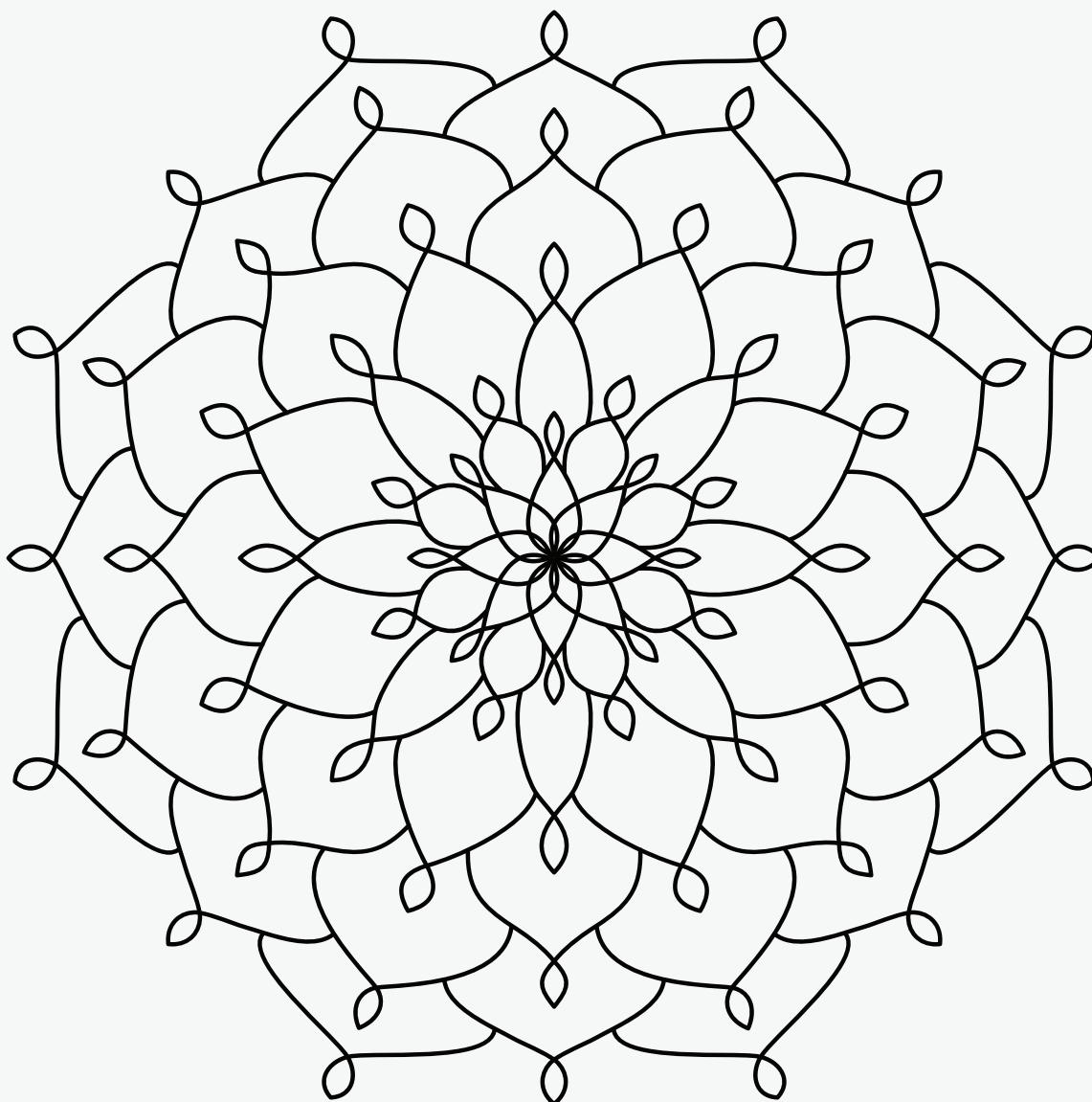


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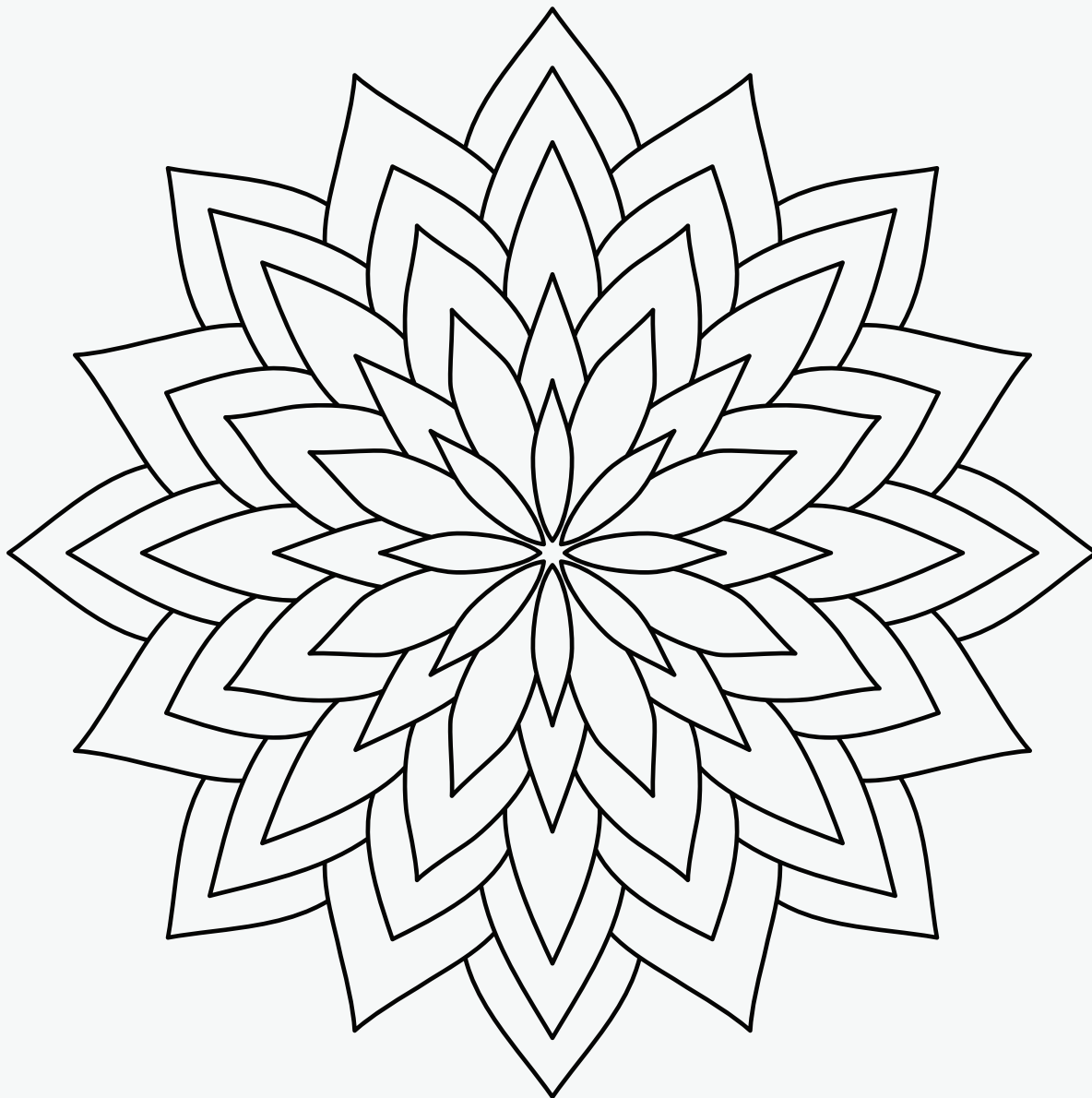


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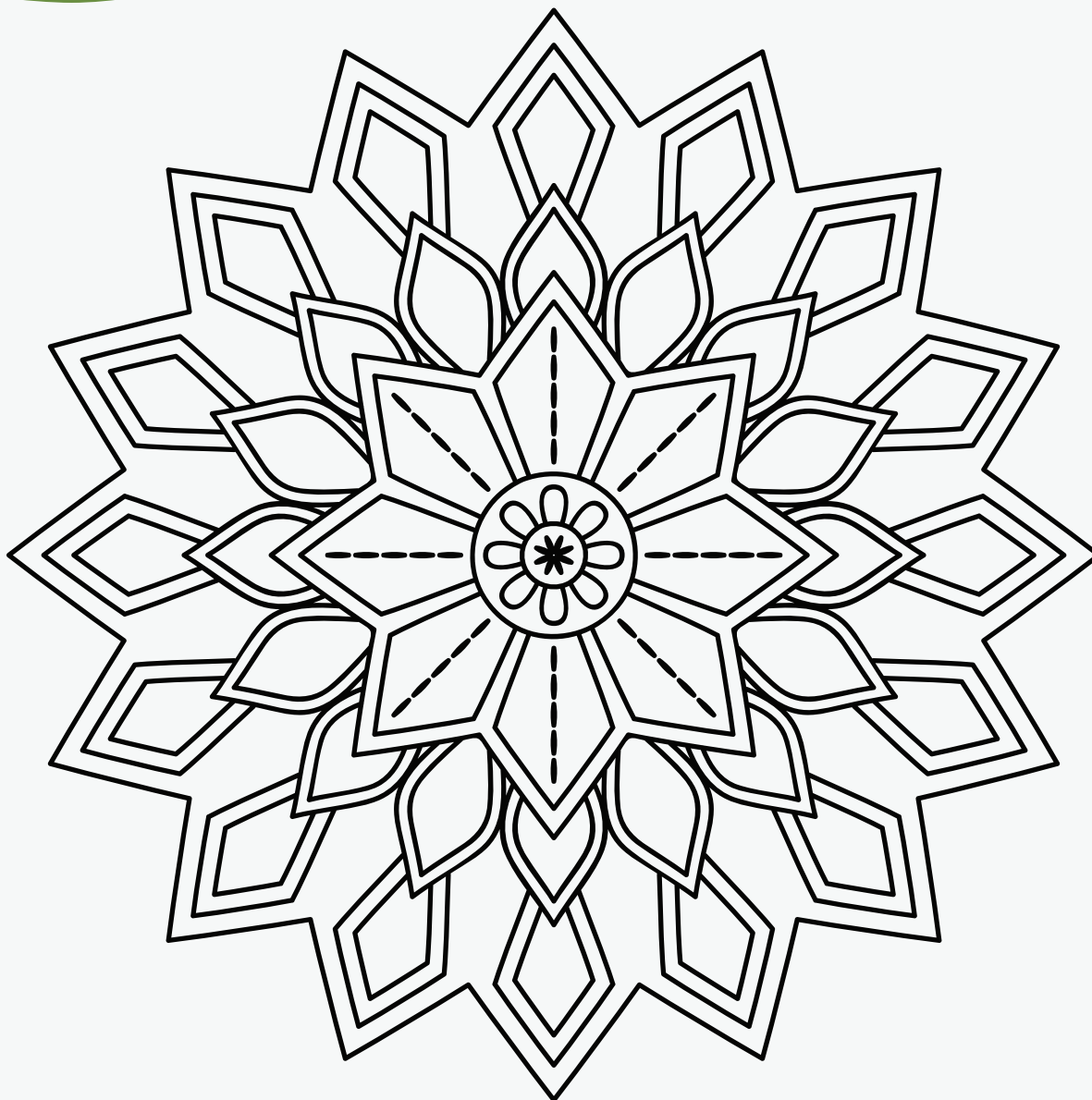


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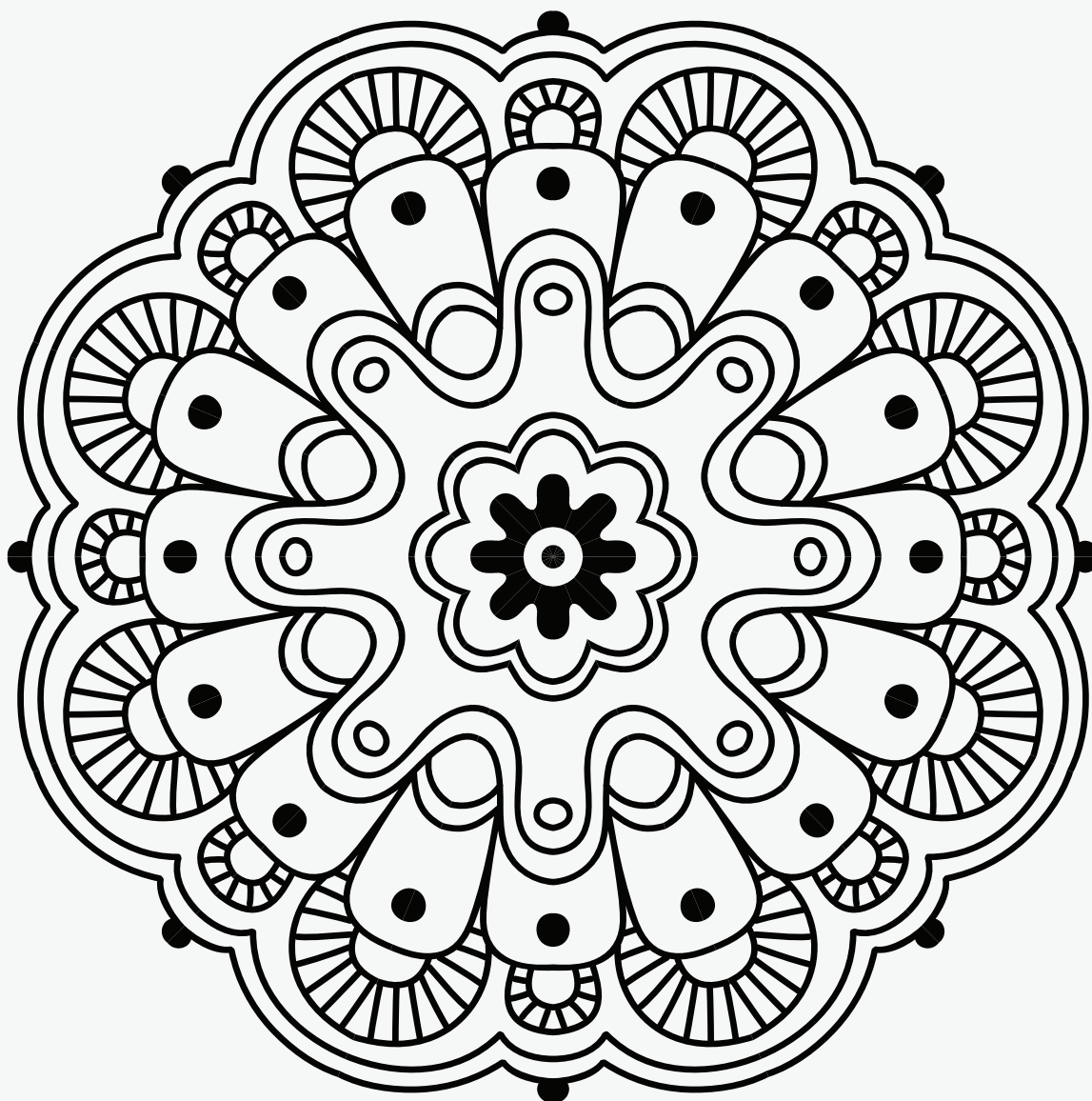


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