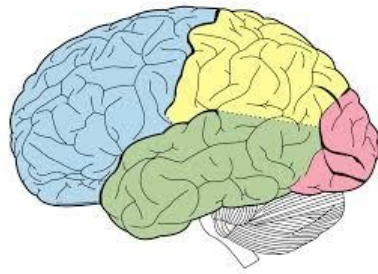


# Color Yourself Calm



Coloring for adults has gained popularity and for good reason. It can reduce stress and anxiety by helping your brain to relax. This activity is an easy way to occupy the hands and calm the mind. As you color, your hand is moving in a rhythmic motion and allows you to be in the moment and just concentrate on this one task. Coloring acts as a form of active meditation. So turn off the TV and technology and allow yourself to feel like a kid again!

## Coloring Calms the Amygdala



**Our pre-frontal cortex is responsible for coordinating thousands of decisions each day.**

**When you are coloring, the biggest decision you have to make is what color to choose! This in turn will calm the amygdala by helping your brain realize that you are now in a calm and safe environment. As a result, your brain stops releasing cortisol and adrenaline in response to your stress.**

### Benefits of Meditation

1. Improves anxiety, depression, and insomnia
2. Lowers blood pressure
3. May help to reduce the severity of irritable bowel syndrome and ulcerative colitis
4. May enhance the immune system
5. Can help people to reduce or even quit smoking