

Coloring as a Stress Reliever

The stress and pressure of home and school can put real pressures on kids of all ages. They can benefit by learning about tools that can help them relax and unwind from the anxiety and pressure that is built up within them. Coloring is one easy tool that can be used to decompress.

Why is coloring a mental health tool?



When you are coloring, you are focusing on the here and now. It allows you time to engage in the activity also while regulating your breathing. The person coloring can focus on the “here and now”, one breath, one crayon, and one design at a time.



Focusing on coloring, shapes, lines, and patterns helps create a meditative and relaxing state of mind. Using different pressures, different strokes, and different coloring tools allows you to feel different sensations as you are coloring.



When we are engaged in coloring, endorphins (those feel good chemicals in our brain) are released which allows us to relax and reduces our anxiety, stress, and depression.

How is coloring used in Art Therapy?

It allows you to express yourself and as an outlet to release pent up energy. Coloring empowers you by giving you the chance to create something you are proud of and can share it with others pridefully.

CATCH encourages families to implement this useful tool in your homes with kids and adults of all age levels. Here are a few coloring pages to help get you started and on your way to de-stressing.

Find more coloring resources by opening this QR Code using the camera on your smart phone.

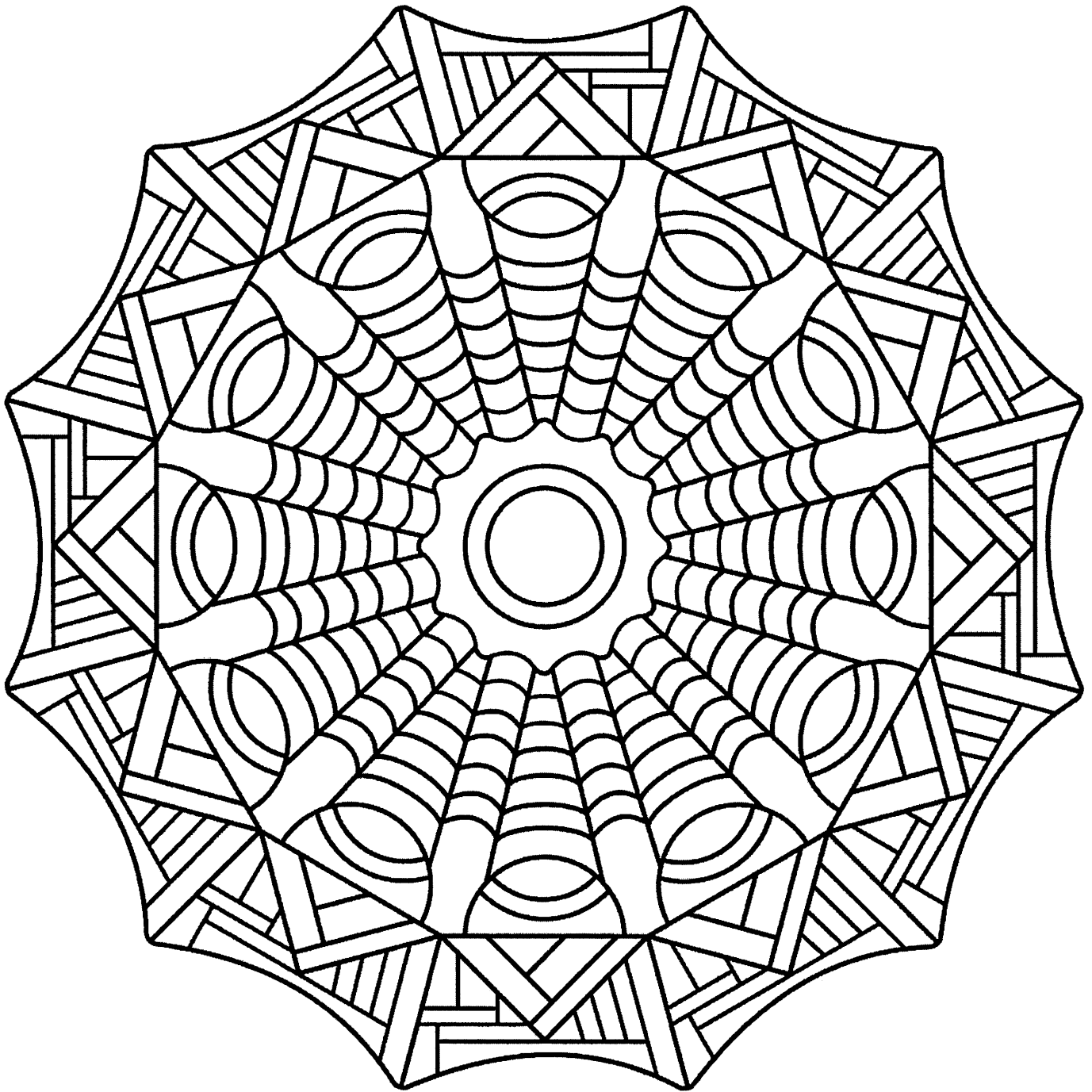


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