

Stress, Meditation & Coloring Books

by Penny Keay

Here it is mid-winter, but this could be used year around.

Dealing with stress can be hard for anyone. Many folks though have found that coloring is a fun, stress-free method for help relieving stress.

I consider it a form of conscious meditation. Some experts consider it a type of 'active' meditation since it helps you focus on simple and repetitive tasks.

Not sure about others, but I've tried traditional meditation and I just can't seem to get my brain 'focused' or 'unfocused' – which ever you are supposed to be doing. My brain just won't shut off EXCEPT when I do a couple of things.

One is coloring. I have loved to color since I was little. We were always given a coloring book and box of crayons for any holiday and birthdays. I guess my Mom got me hooked.

When our children were little and even as they grew to young teenage boys, we gave them coloring books and crayons too.

They all enjoyed coloring and drawing – as they got older they were often found replicating cartoon characters – Can you imagine seeing “The Hulk” drawn on a 6 ft high piece of paper hung on the bedroom wall? Quite daunting!

Our one son, especially, loved drawing this character. They would spend hours in their bedrooms quietly coloring and drawing. I believe this helped them deal with the stress of being teenagers.

Now as adults, we often forget the simple pleasures of activities we did when young. The thing is, coloring is great for adults.

Especially in this day and age of high technology. Shut off the phones, computers and television and take time for yourself.

Turn on your heart and minds doing this simple activity to get lost in your own thoughts and connect to the present day.

In psychology, drawing and coloring techniques are still used to help folks develop a state of mindfulness – an open attention to the present!

It is used for folks suffering from depression, trauma, PTSD and the list goes on. It is a fantastic, yet simple hobby with many health benefits.

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Anytime you can relax your body and mind doing pleasurable activities your health will benefit. Blood Pressure may lower and relaxation will help your body heal from many other stress-induced situations.

You don't need to color for hours. Even taking a 5-15 minute break from your day, sit down and color a small bit of an adult coloring book. Yes, they make coloring books for adults! Adult coloring books have more intricate designs which will require finer dexterity than that used by children.

Coloring can help you to make something beautiful even if the rest of your day may not be so.

So, how do you incorporate aromatherapy into your coloring to be even more relaxing and help you to de-stress from your busy schedules?

Simply add a few drops of [YOUR FAVORITE essential oil](#) to a [Personal Terra Cotta Disc diffuser](#). Keep it stored with your 'coloring books and pens'. When you color, enjoy your favorite scents. Relax, Enjoy and be creative. Have fun! I know I do when I color.

My favorites to diffuse include but are not limited to the following: [Grapefruit & Spearmint](#), [Calming blend](#), [Relaxing Blend](#), [Beautiful Blend](#).

You may have your own favorites. Some folks want to encourage meditation so try [Meditation blend](#) or [Frankincense](#) and [Myrrh](#) all are popular for quiet "mind" times.

In our area, many women get together for an evening together just for the purpose of coloring. A so-called type of coloring party, everyone just brings their coloring books, pens etc and have a day or evening coloring, chatting and enjoying the quite unwinding time of being together. No stress, just fun!

No matter what or how you sit down and color or draw or paint or?

Diffuse your favorite essential oils.

Memories will be bonded to that scent and when you are stressed and don't have time to 'color' you can sniff your favorite oil, close your eyes for a few moments and relax.

What are you waiting for? Start a new hobby today, Happy Coloring!

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