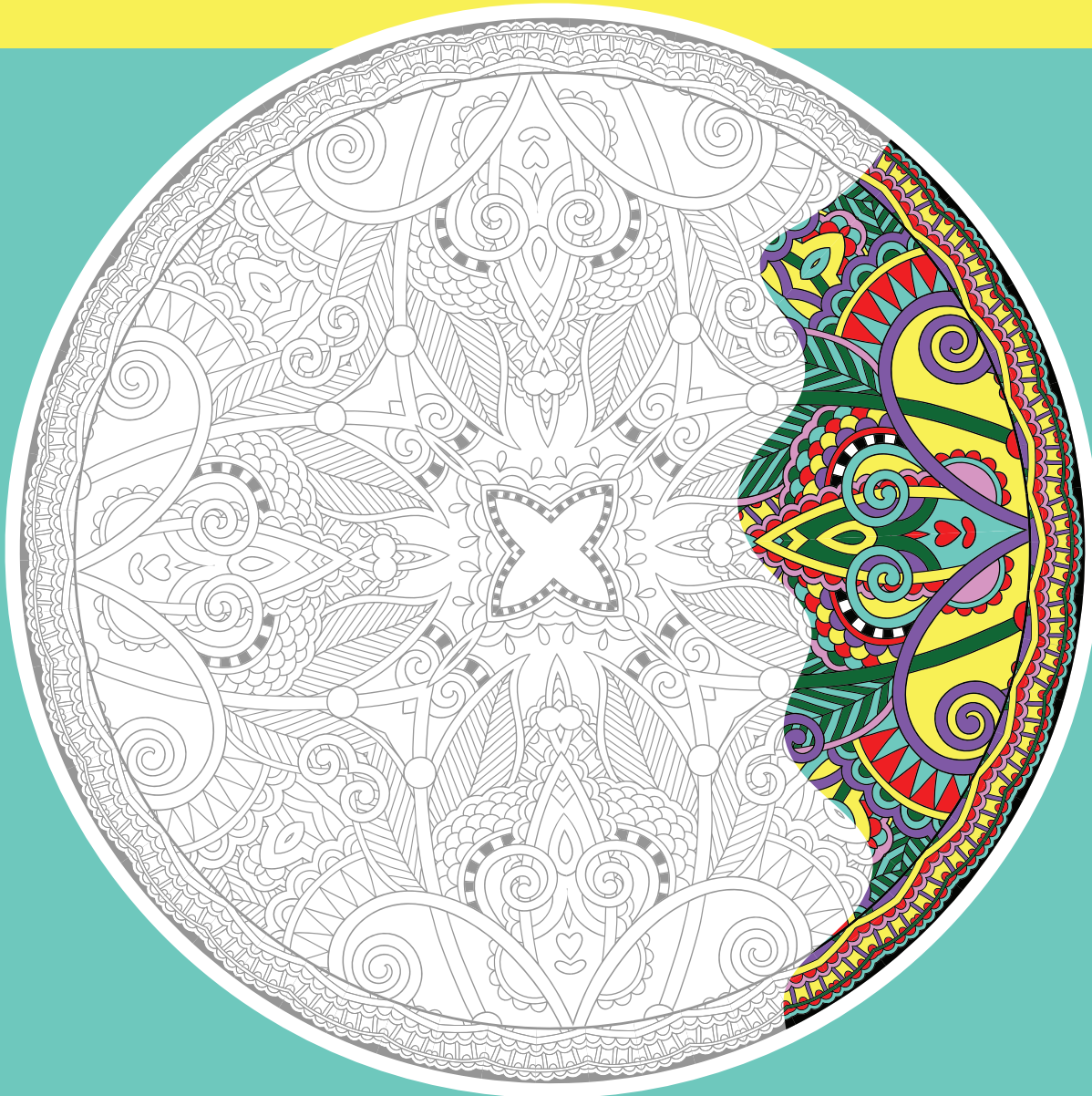


COLORFUL PERSPECTIVES[©]

Inspiration for Emotional Well-Being





The Healing Power of Art

Switch off your brain from other thoughts and focus on the moment when coloring.

Concentrate on coloring an image:

- to replace negative thoughts and images with pleasant ones.
- anytime you want to redirect your thinking and calm yourself down.
- to give your mind a break, shift your concentration and recharge your inner resources.
- when you feel anxious, bored or depressed.
- if you need to distract your mind when trying to break a bad habit, like quitting smoking or to avoid the temptation of a food craving.
- if you just need some "me time to unwind".
- when you feel the need for a creative outlet.
- before bedtime to help "turn off" thoughts and fall asleep.

"What art offers is space — a certain breathing room for the spirit."

~ John Updike



How To Use This Book

Expressing creativity helps to reach a meditative state.

Creating is a fundamental human need and wish.

Find peace and temporary refuge from stress and daily life.

Coloring patterned drawings, repetitive marks, circles and lines is a great way to clear the mind, become more focused and relaxed and even fight cravings when trying to kick bad habits.

There is no right or wrong way to color for relaxation.

If you only have a short time, you can pick a smaller design to work on or just color a few sections until you feel content.

Feel inspired by the quote and thought in each section.

Coloring is a great way to “unplug”, but when you are ready, get back online, as sharing your colorful creations on social media can also be rewarding.

Table of Contents

PGS 4 & 5: RELIEVE ANXIETY

PGS 6 & 7: CONNECT

PGS 8 & 9: SPEND TIME IN NATURE

PGS 10 & 11: TAKE TIME TO YOURSELF

PGS 12 & 13: STAY CONNECTED AMIDST CHAOS

PGS 14 & 15: SLEEP

PGS 16 & 17: TAKE BREAKS

PGS 18 & 19: BE MINDFUL

PGS 20 & 21: NOURISH YOUR BODY

PGS 22 & 23: HAVE CONFIDENCE

PGS 24 & 25: ENJOY THE LOVE OF A PET

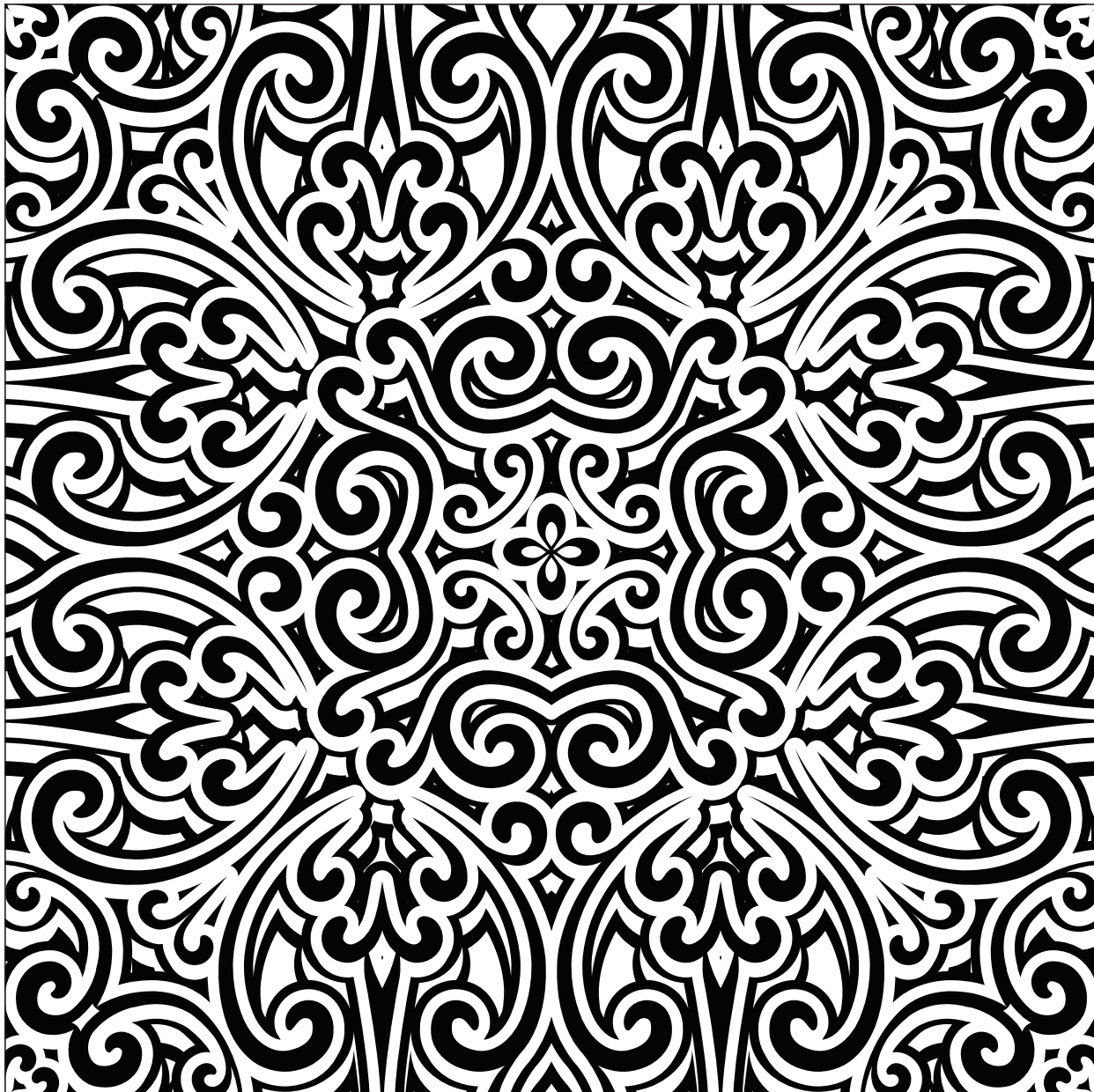
PGS 26 & 27: LIVE A COLORFUL LIFE

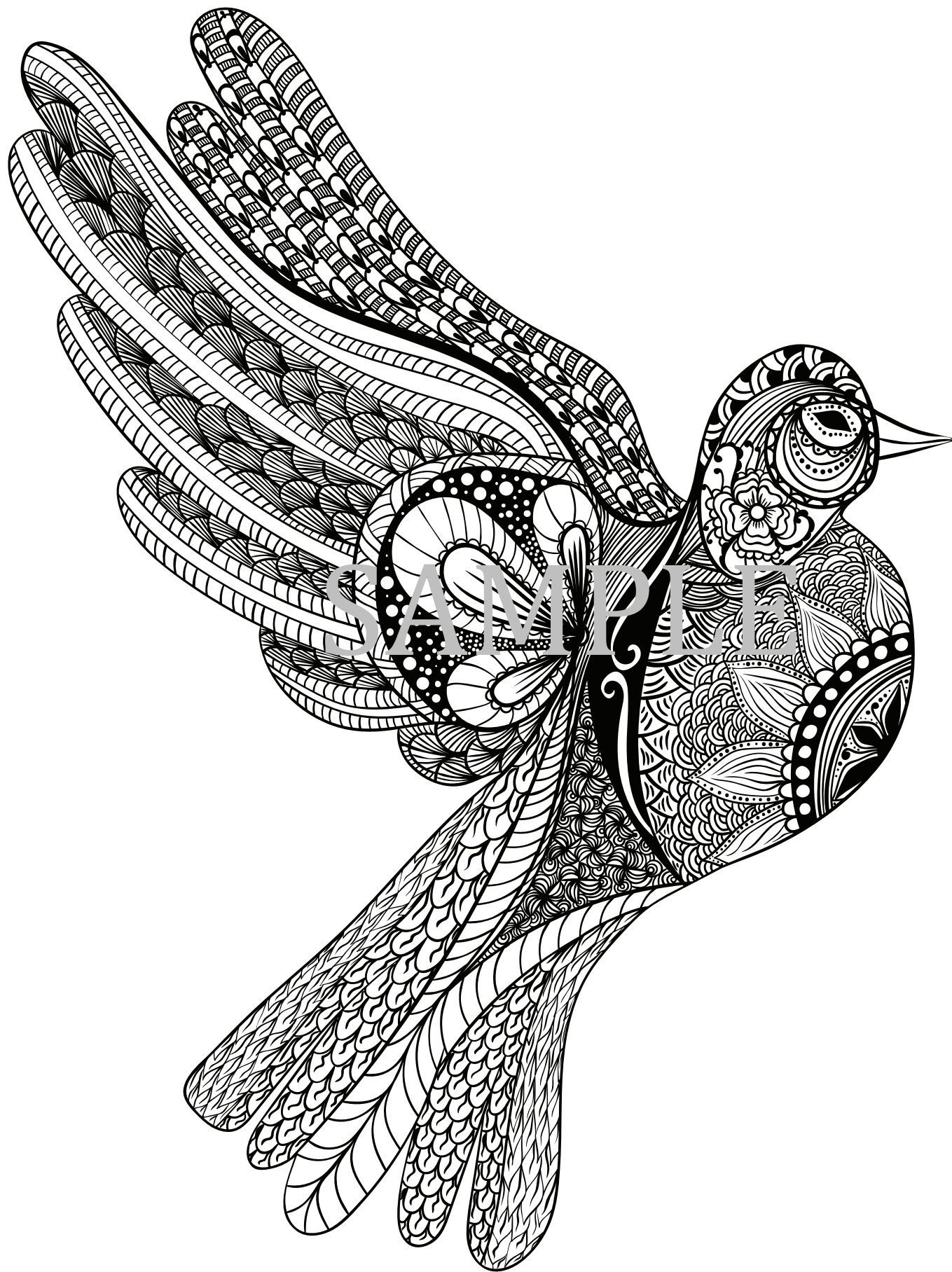
RELIEVE ANXIETY

Overcoming Fear – Challenges we face can bring about fear.
Don't let fear hold you back from achieving your goals. Letting go of our fears
allows us to focus more on the present moment and less on the fear itself.
Give your fear wings and let it fly away

"I learned that courage was not the absence of fear, but the triumph over it."

~ Nelson Mandela



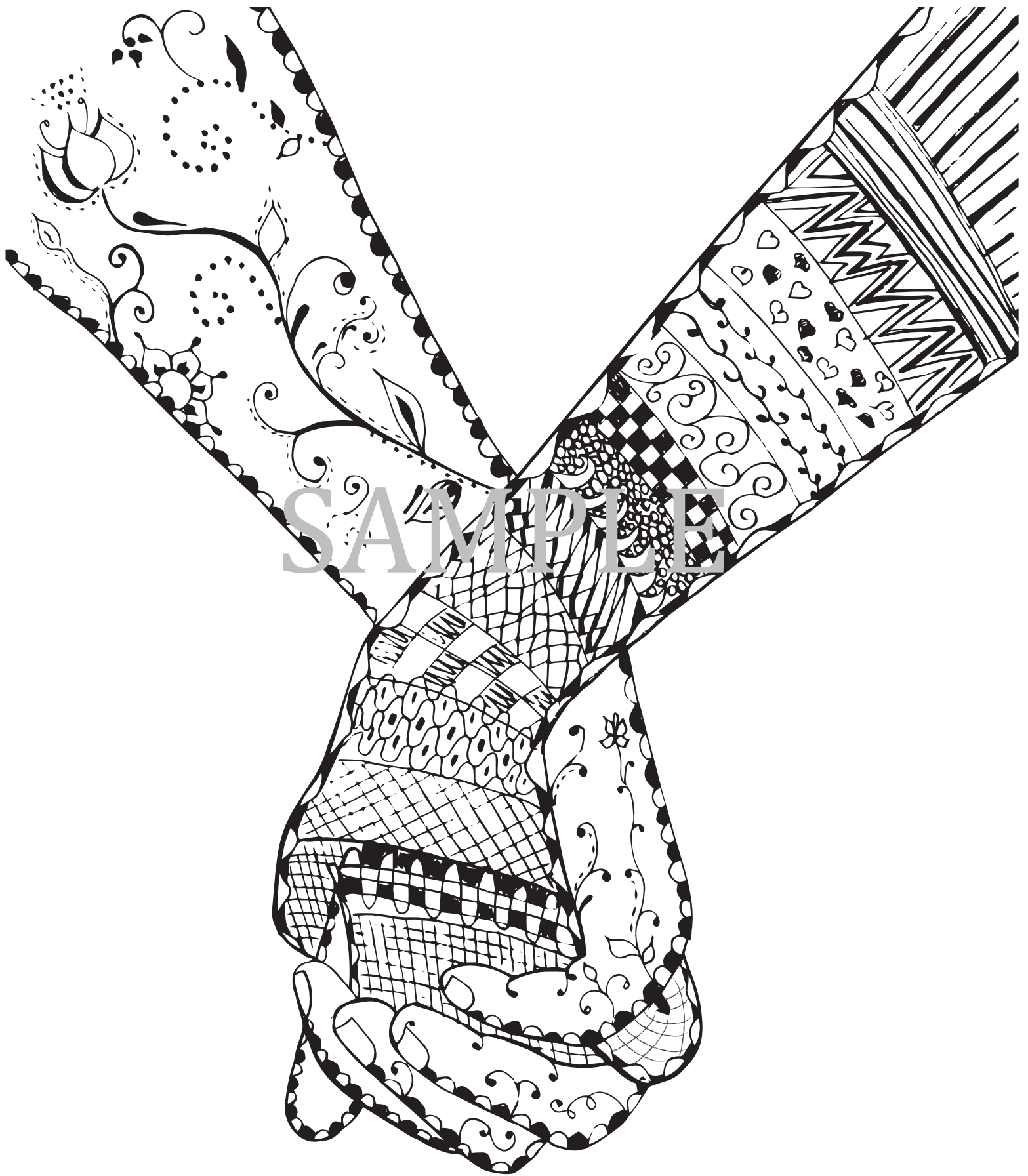


CONNECT

Good relationships with family, friends and broader social connections
bring feelings of happiness and self-worth.

*"Love is not something we give or get; it is something that we nurture and grow,
a connection that can only be cultivated between two people when it exists within
each one of them – we can only love each other as much as we love ourselves." ~ Brene Brown*





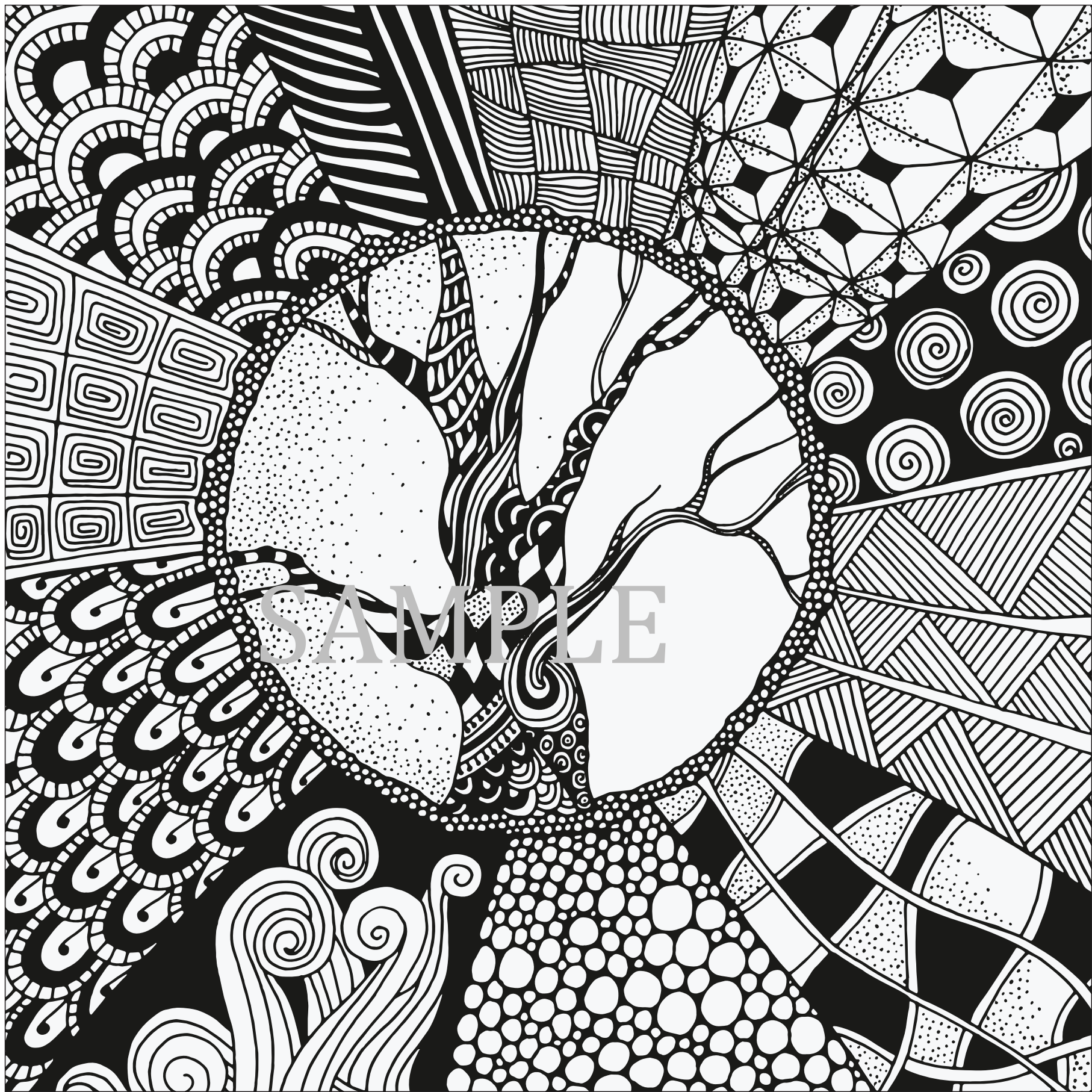
SPEND TIME IN NATURE

Step outside, breathe in the fresh air, feel the sun on your skin and all problems may seem to melt away.
Taking a walk in nature can lower stress and is a good form of physical activity.

"Happiness flutters in the air whilst we rest among the breaths of nature."

~ Kelly Sheaffer





TAKE TIME TO YOURSELF

Sometimes life can feel like one long to-do list. If you give yourself a break, you'll feel refreshed and happier. Allow yourself at least 30 minutes a day doing something that you enjoy.

"Human beings need pleasure the way they need vitamins."

~ Lionel Tiger



