



Conscious Coloring Mandalas

Emily C Coates

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One may not think coloring is something that can be of value in their everyday life as an adult. Wrong! Doctors, psychiatrists, and teachers have known the benefits of coloring for children in their growth, but how about adults? Research has been done to demonstrate the benefits of adult coloring! Coloring can help those who have high stress, post traumatic stress disorder, terminal illness, anxiety, depression, difficulty focusing, and many other ailments. It seems the more we grow the more we stay busy and can easily develop stress, worry, or anxiety. Coloring is beneficial in that it creates a meditative state of mind which can allow an individual to rest and recover. When coloring we focus our thoughts on the coloring: Picking colors, placements, sizes, lines, and more. Since our brains are making decisions for the picture being created we are preoccupied and therefore can replace negative thoughts or feelings with positive thoughts of creating the picture. Coloring physically changes our heart rate and brain waves! Lets all take a page and color!



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