

Color Your Way to Calm

OBJECTIVE

What was once a simple childhood activity has become a powerful tool for promoting mental well-being, especially for teens. As the Mayo Clinic notes, coloring offers numerous benefits, including:

- **Mindfulness:** Coloring helps you stay present, focus on the moment, and quiet the noise of daily life.
- **Stress Relief:** Coloring can calm the brain, lower heart rate, and ease feelings of anxiety.
- **Embracing Imperfection:** There's no right or wrong way to color! It's an activity focused on enjoyment and relaxation, not perfection.

Activity Instructions:

- 1 Choose a Focus Area
 - The four focus areas are awareness, stigma, connection, and self-care.
- 2 Choose and Color a Pre-Printed Coloring Sheet
 - We have provided coloring sheets for mental wellness and positivity [here](#).
- 3 Write a short reflection about the coloring sheet. Consider these questions:
 - While coloring this sheet, I focused on...
 - I chose a coloring sheet with a nature scene because being in nature always makes me feel...
 - This coloring sheet had a quote, and as I colored, I thought about what that meant to me.
- 4 Share your work with #CreateConnectCare!
 - Take a picture of your coloring sheet and submit it at www.createconnectcare.org/submit.