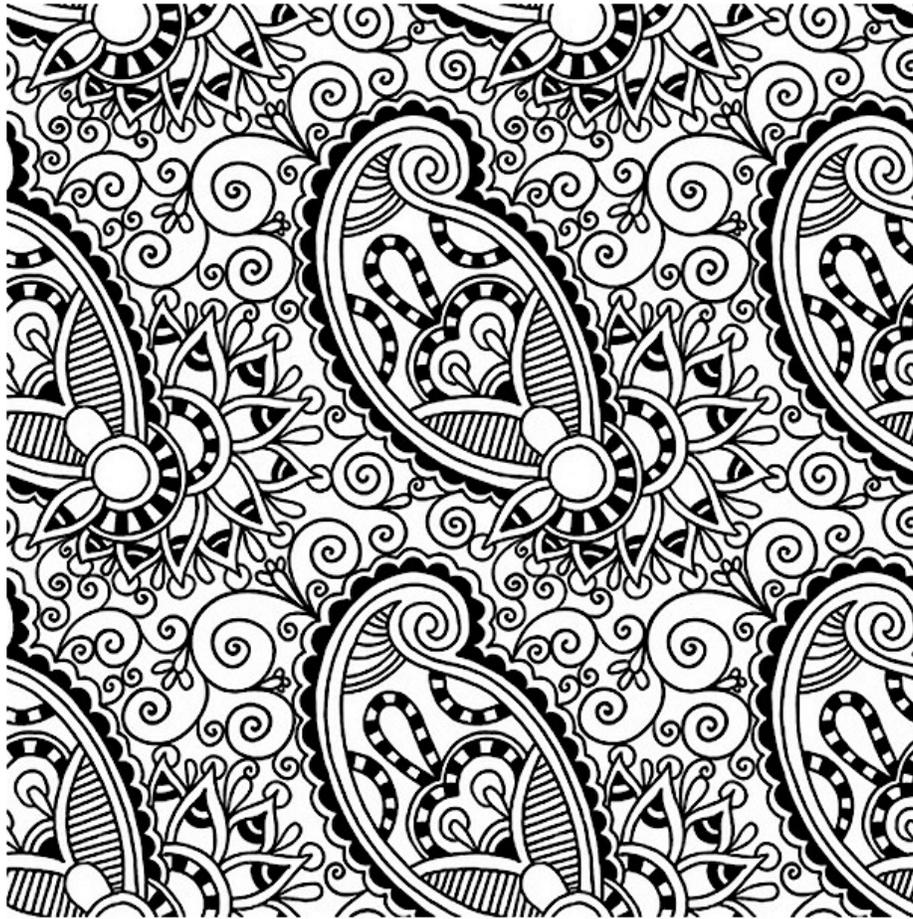


Adult Coloring for Stress Relief



ColorPagesforMom.com

Adult coloring books are one of the new trends in stress management and creativity, but there is a really beneficial point to taking part in this trend. Clinical psychologist, Dr. Ben Michaelis gives "7 Reasons Adult Coloring Books Will Make Your Life A Whole Lot Brighter" (www.drbenmichaelis.com/7-reasons-adult-coloring-books-will-make-your-life-a-whole-lot-brighter-bustle-2/). There is also more information on the benefits of coloring covered in this article.

1. Psychiatrists have prescribed coloring to patients for 100 years. Psychologist Carl Jung prescribed coloring to his adult patients as part of their therapy (mandala books).
2. Coloring gives you a chance to be social. People have started having social gatherings around coloring (coloring parties), and many libraries are offering coloring programs to their adult patrons.
3. Coloring reduces stress and anxiety. Coloring gives the fear center of your brain a break, allowing it to relax. "Coloring is a meditative, free-time activity you can

schedule, making it perfect for retraining your amygdala to respond less harshly to stress.”

4. Coloring trains your brain to focus. Coloring within the lines uses the front lobe of the brain, which houses organizing and problem solving. It also gives your brain something different to focus on (rather than responsibilities, problems, and other stressors) for the time you devote to it.
5. Coloring lets you be you. This activity belongs to you, and there is no reason that you would have to show anyone else what you are coloring. If you want a blue duck or purple elephant, why not?
6. Coloring helps your fine motor skills and vision. The act of coloring requires both hemispheres of your brain to communicate with one another. It mixes logic (staying within the lines) and creativity (choosing colors).
7. Coloring is free decoration. Since you are taking the time to color in the pictures, you can use those pictures you finish to decorate (frame them, decoupage them, or use them in other craft projects).

There are many benefits to adult coloring, and though some of the adult coloring books may be a little pricier, all you need is some colored pencils, markers, or crayons to get started. As the article stated, these pages can be used to decorate your home or give as gifts (some of the pages are very intricate and time consuming and would make wonderful gifts in a beautiful frame).

Websites That Have Free Printable Pages for Adult Coloring

There are many websites out there that offer free printable pages for adult coloring, with the idea being that you will only print these out for your enjoyment (no commercial use of the pages). I think you could also print these out for a coloring party, but you may check on the “About” section of the website or in the notes under the picture to make sure the creator is not against that.

www.coloring-pages-adults.com

www.easypeasyandfun.com/free-coloring-pages-for-adults/

www.everythingetsy.com/free-printables

www.clipartandcrafts.com/coloring/adultcoloring/index.htm

www.colorpagesformom.com

www.donteatthepaste.com/

www.creativeinchicago.com/2013/09/free-geometric-coloring-sheets.html