



PLAY
ATTENTION

Mindful Coloring





Summer Mindfulness Challenge
Day 5: Mindful Coloring
15 minute exercise



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Benefits of Mindful Coloring

Mindful coloring brings your awareness into the present moment by focusing on coloring. You become aware of the pencil in your hand, the different shades of color, the shapes on the paper, the feel of each stroke of your hand, the beauty of the finished product.



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WebMD Cites 7 Benefits of Coloring.

(It's not just for kids.)

- 1. Relaxes Your Brain and Improves Brain Function**
- 2. Induces Meditative State**
- 3. Improves Motor Skills**
- 4. Improves Sleep**
- 5. Improves Focus**
- 6. Reduces Anxiety**
- 7. Relieves Stress**

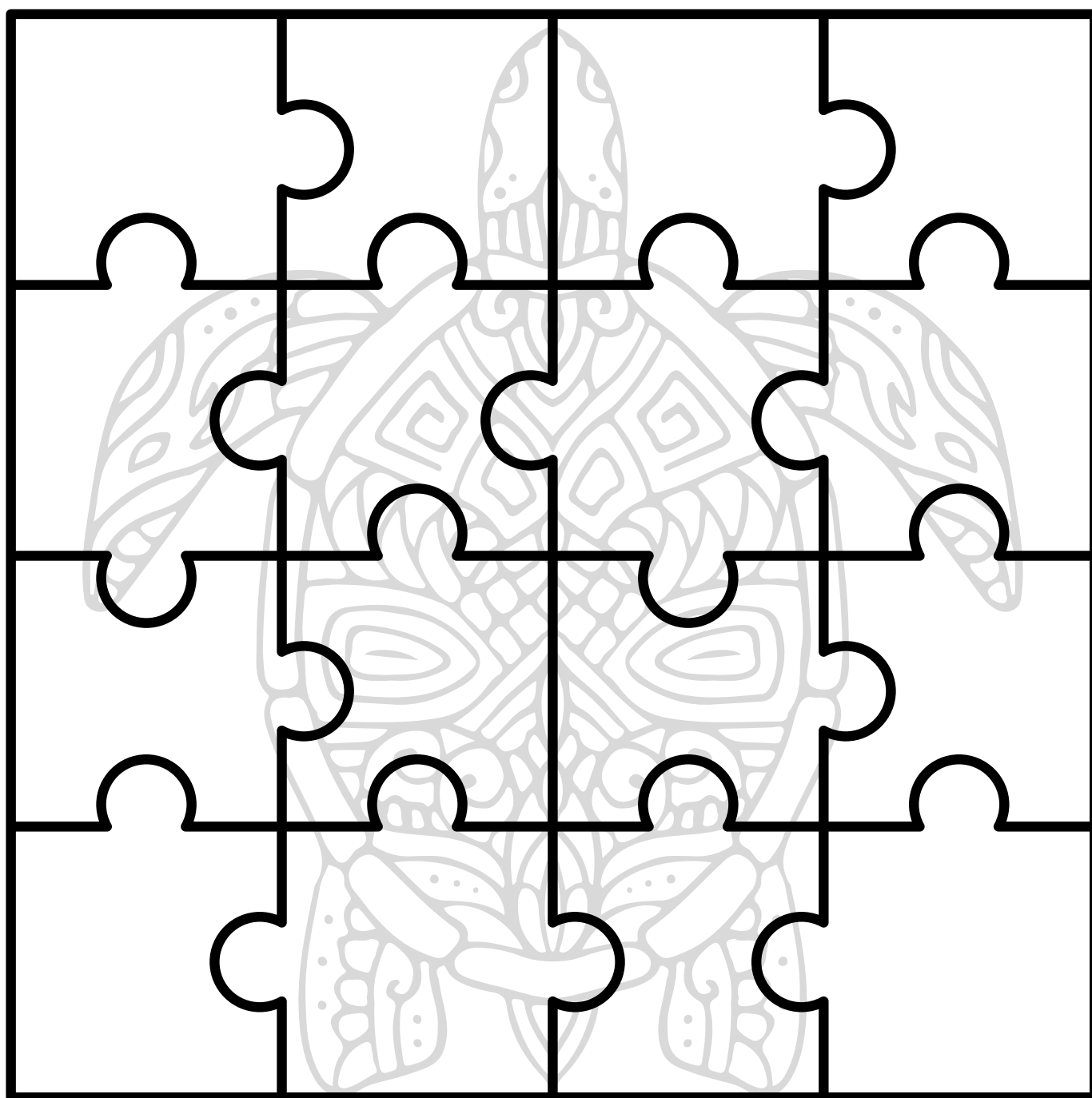
"Whether you color just for fun or to relax your mind, there's no reason you shouldn't try it. Coloring is for more than children. The next time you're feeling overwhelmed, take your mind off of the problem and start coloring."



FIND YOUR INNER PIECE

Mindful Coloring Puzzle

Instructions: Color in the picture, then cut around the pieces. Ask a friend or family member if they can put your puzzle back together.



Play Attention Can Help You Solve the ADHD Puzzle.



[Click here to schedule
your 1:1 consultation](#)

