

Mindfulness Monday Message #35 – 23 January 2017

One of the most popular stress reduction trends for adults at the moment is colouring books. In fact, more colouring books are being sold than cookery books. It seems that millions of people around the world have realised the joy of taking some time out to sit down with a box of crayons and pencils. Colouring ticks all the boxes in terms of Mindful activity. It reduces anxiety by focussing attention, it allows the mind to enter the “zone” and facilitates creative decision making. All these factors contribute to an overall sense of well-being and builds resilience.

CRANApplus Bush Support Services has provided colouring books to health workers at some of the resilience-building workshops and they have proved to be an extremely popular resource. As well, colouring books can easily be obtained at newsagents, bookshops and online.

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