

# Coloring

If you enjoyed coloring as a child, you will enjoy this activity!

## Description:

Take a moment for yourself amidst the hustle of office life. Imagine giving yourself a few minutes, a brief escape from spreadsheets and emails, to delve into the intricate beauty of a botanical coloring page. Even during a busy day, mindful doodles can help you find solace and spark your creativity. The meditative quality of this simple activity significantly reduces stress, creating a haven of tranquility amidst daily chaos. Simultaneously, it enhances creativity, sharpening innovative thinking and problem-solving abilities. Such short sessions can also improve focus and concentration, essential skills in our distraction-filled lives. Beyond all these tangible benefits, coloring grounds us in the present moment, serving as a beacon of mindfulness, helping us temporarily set aside our whirlwind of worries and immerse fully in the present.

## Goals:

Reduced stress, heightened creativity, enhanced focus and concentration, improved mood, mindfulness, and heightened presence.

## Step-by-Step Process:

1. To prepare, find a space free of distractions. This could be a quiet corner in your office, a break room, or even outdoors, and gather your materials.
2. Choose a page and 3-5 colors you want to work with.
3. Engage in mindful coloring – Focus on the movement of your hand and the colors blending on the page. Become aware of how the coloring tool in your hand and the texture of the paper feels and you move across the paper.
4. Finish Up: As your five minutes come to an end, wrap up your coloring session. If you haven't finished your piece, that's all right. The goal is relaxation, not completion.

## Tips & Tricks:

- Take 2 to 3 deep breaths. This will help to clear your mind and signal to your body that it's time to relax.
- When time is up, do a quick stretch. Release any tension and refresh yourself for the tasks ahead. Always hydrate.
- Have a "coloring break kit" at your workplace, so everything you need is always on hand and you can dive right into the activity during your breaks.



Anytime

## Materials\*

- Coloring Pages or Coloring Book
- Crayons or colored pencils
- Sharpener
- Clipboard or Hard Surface

\*The primary goal of a coloring activity is to have fun and relax, so choose materials that you enjoy using and that fit within your budget.

## Reference & Resources:

[3 Reasons Adult Coloring Can Actually Relax Your Brain](#), (Cleveland Clinic).

Coloring books for relaxation and stress relief, (Amazon).



## #GARDEN BREAK



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