

## How Can Coloring Help Me?

Coloring can:

- Help you feel less stressed.
- Be used to help you relax and feel calm.
- Take your focus away from negative thoughts.
- Help you focus to feel better when you are worried.
- Help your brain with problemsolving.
- Help you express your feelings.
- Be fun! And it's not just for kids!



## "Art washes from the soul the dust of everyday life." — Pablo Picasso



This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23.QIO.01.007





www.qsource.org





## www.Qsource.org

This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23.QIO.01.007



