



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 problem-solving.
- 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

