



TOP 5 BENEFITS TO USING COLORING BOOKS

1 Decrease Anxiety & Stress

Coloring requires a certain amount of focus, so you'll be less inclined to worry. Feel the tension melt away and unwind at the end of the day!

2 Soothes the Mind & Body

With similar effects to meditation, coloring these intricate patterns can lead to a naturally calmer state. Hand-eye coordination and fine motor skills can improve with the detailed designs.

3 Release Your Inner Creativity

There's no wrong way to color! Use any medium you wish and any combinations of colors for custom works of art. Coloring "outside the lines" may help creative problem solving as well!

4 You Can Color Just About Anywhere

Sit down at the kitchen table, couch, plane ride, or even curled up in bed with your favorite coloring book.

5 Great Way to Pass the Time

Forget about staring at the TV for hours on end, or using your phone or tablet before bed: give those electronics a break!