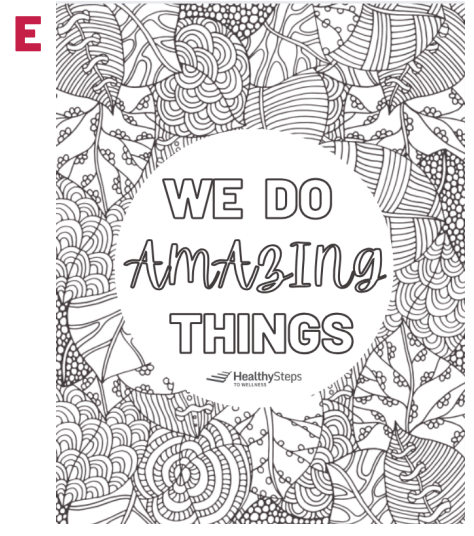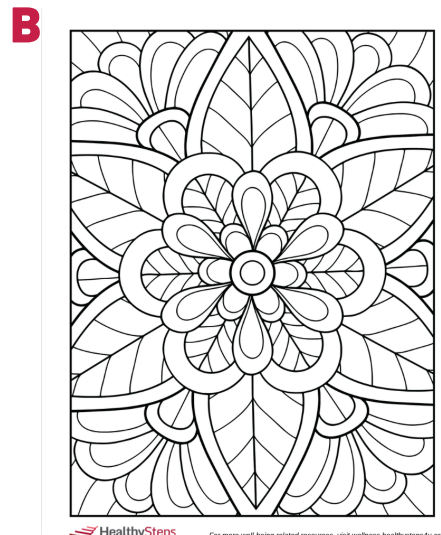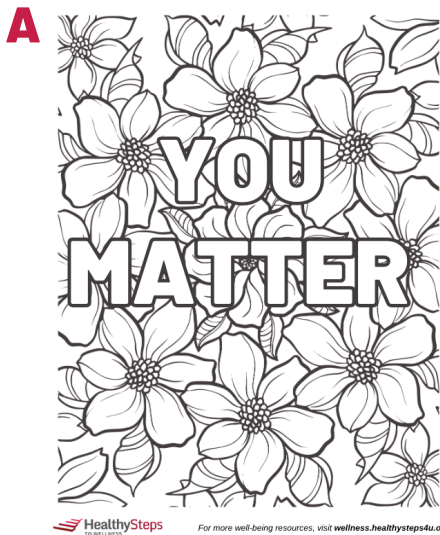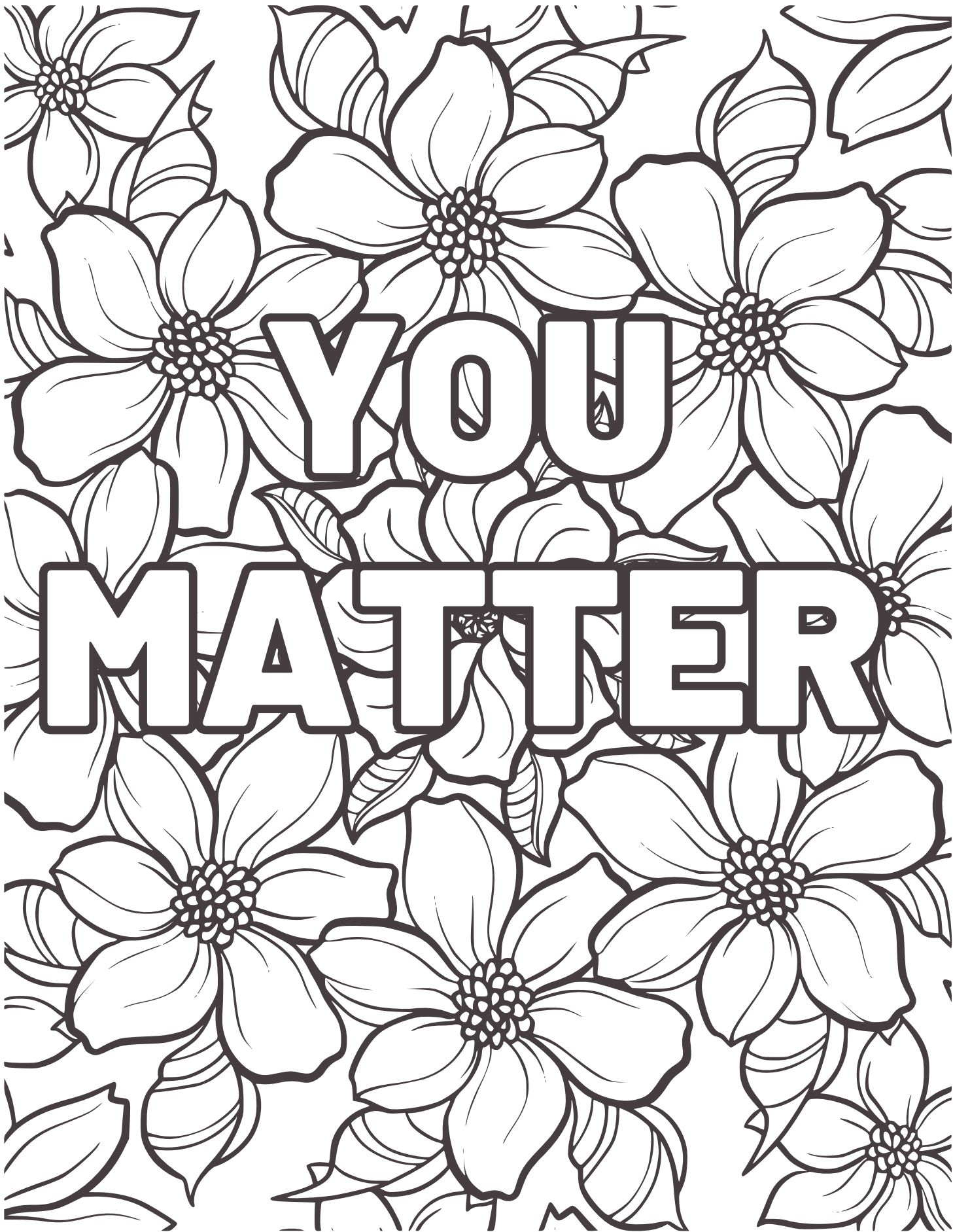# Mindful Coloring

Discover the calming power of coloring—an easy, creative way to clear your mind, reduce stress, and spark fresh insights. Take a moment to recenter and ground yourself in the present moment. Gather your preferred coloring materials and print any of the five coloring pages.
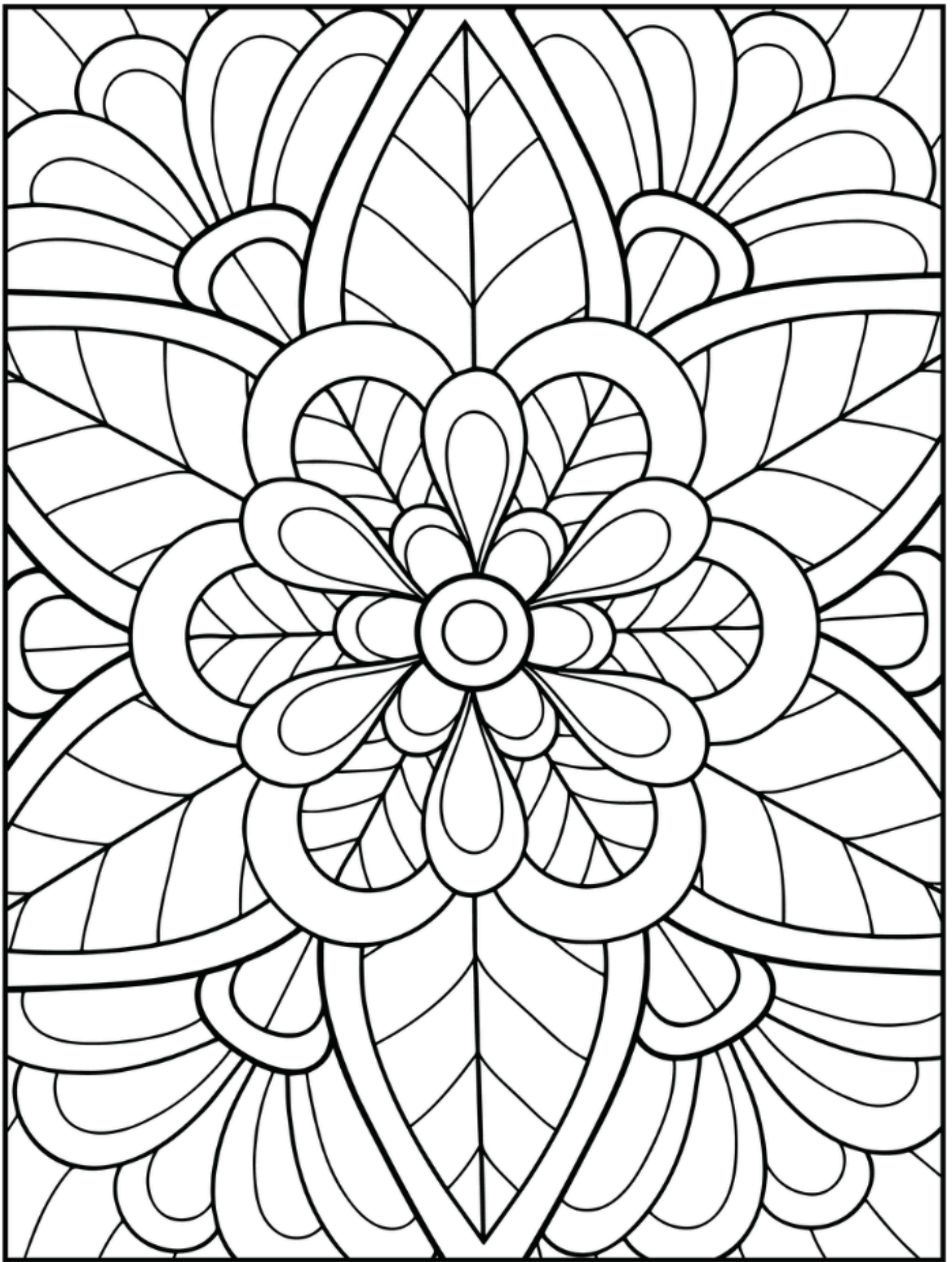
Instructions:

1. **Find a Quiet Space:** Choose a calm, comfortable spot to focus without distractions.
2. **Set Your Intention:** Take a deep breath and decide what you want from the experience. It could be relaxation, creativity, or simply being present.
3. **Choose Your Colors:** Select colors that appeal to you and feel right for the moment.
4. **Focus on the Process:** As you color, focus on the sensation of your hand moving, the colors blending, and the patterns forming. Let go of any judgments or expectations.
5. **Breathe and Relax:** With each stroke, take slow, mindful breaths. Inhale deeply and exhale gently to stay grounded.
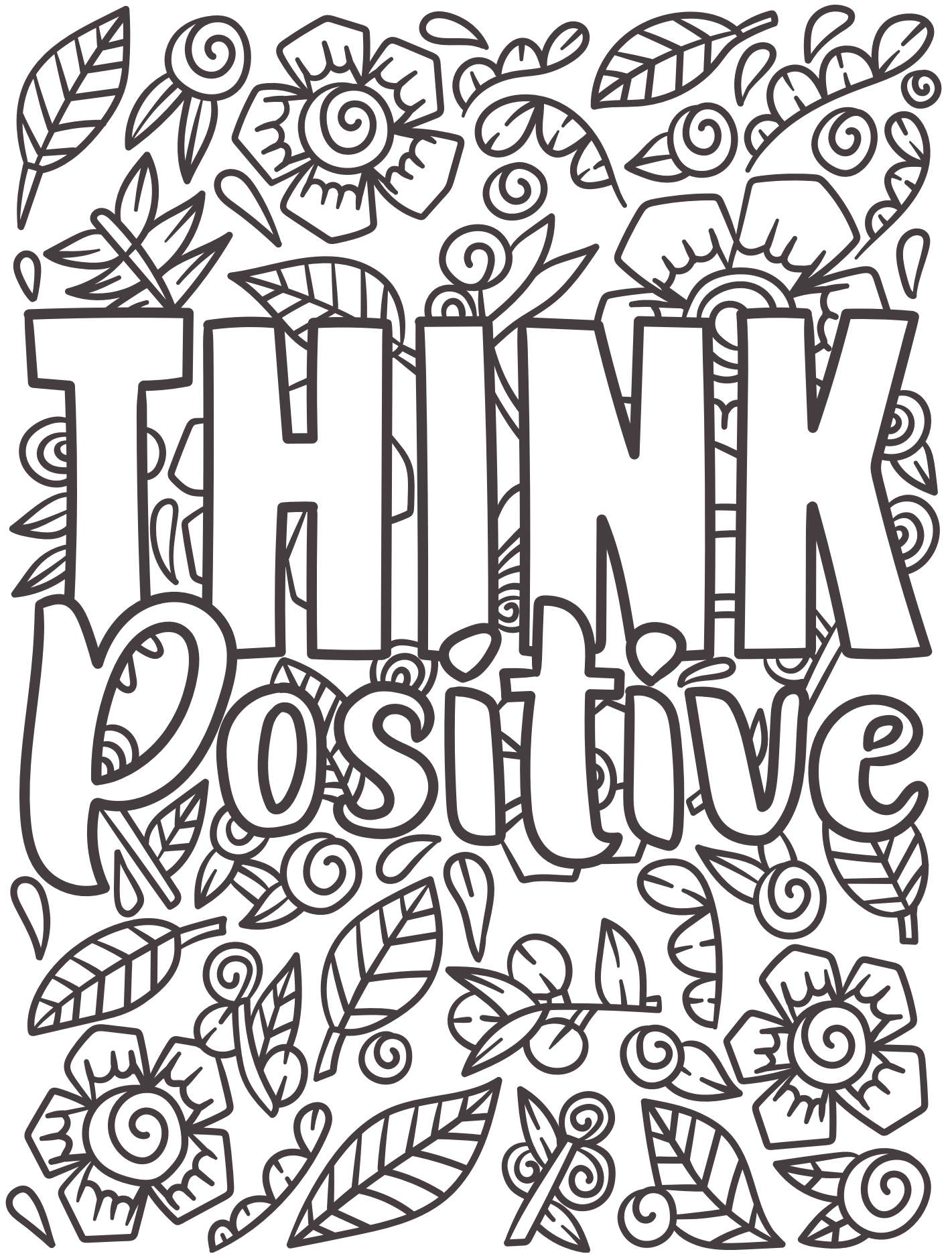
Let the experience be more about being in the now than finishing the image.

A

B

C

D

E

YOU MATTER

HealthySteps TO WELLNESS

*For more well-being resources, visit **wellness.healthysteps4u.org***

THINK Positive

HealthySteps TO WELLNESS

I CAN DO THIS

WE DO AMAZING THINGS

HealthySteps
TO WELLNESS