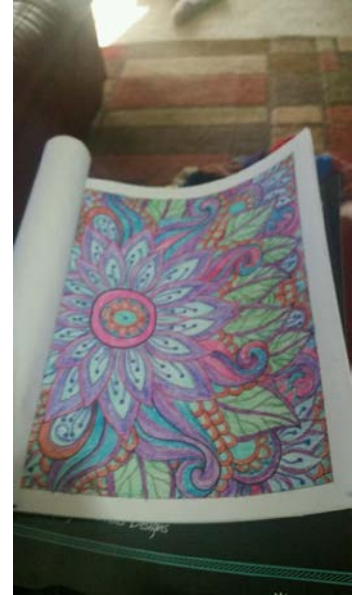


COLOR ME CALM

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The other night we were watching the news and they had a segment on regarding coloring books for adults. When we think of coloring books, we picture Frozen, Barbie and the like. However, coloring books for adults have very intricate designs of animals, art deco, flowers and other designs. Carl G. Jung was one the first psychologists to use coloring as a relaxation technique. Many of the coloring books for adults today use his principal and have circular designs with concentric shapes, as is pictured.



In France and the UK coloring books for adults are bestsellers, where many adults are picking up coloring as a stress reliever. After putting it on my facebook page that I had ordered coloring books for adults online I learned that many of my friends were not new to this hobby.

They were very aware of the benefits, through their own personal experiences, and made some of the following comments:

“My wife says coloring relaxes her when the kids go to bed.”

“Oh my gosh, I love to color with adult coloring books. It is very relaxing!”

“Great idea, I love to color too! It is so relaxing!”

“I saw this idea presented on TV this morning. Great idea, especially for senior citizens to share a creative, interactive and relaxing activity with a group, or by themselves.”

“My Mom used to teach LPN classes and she had her students color before a stressful test.”