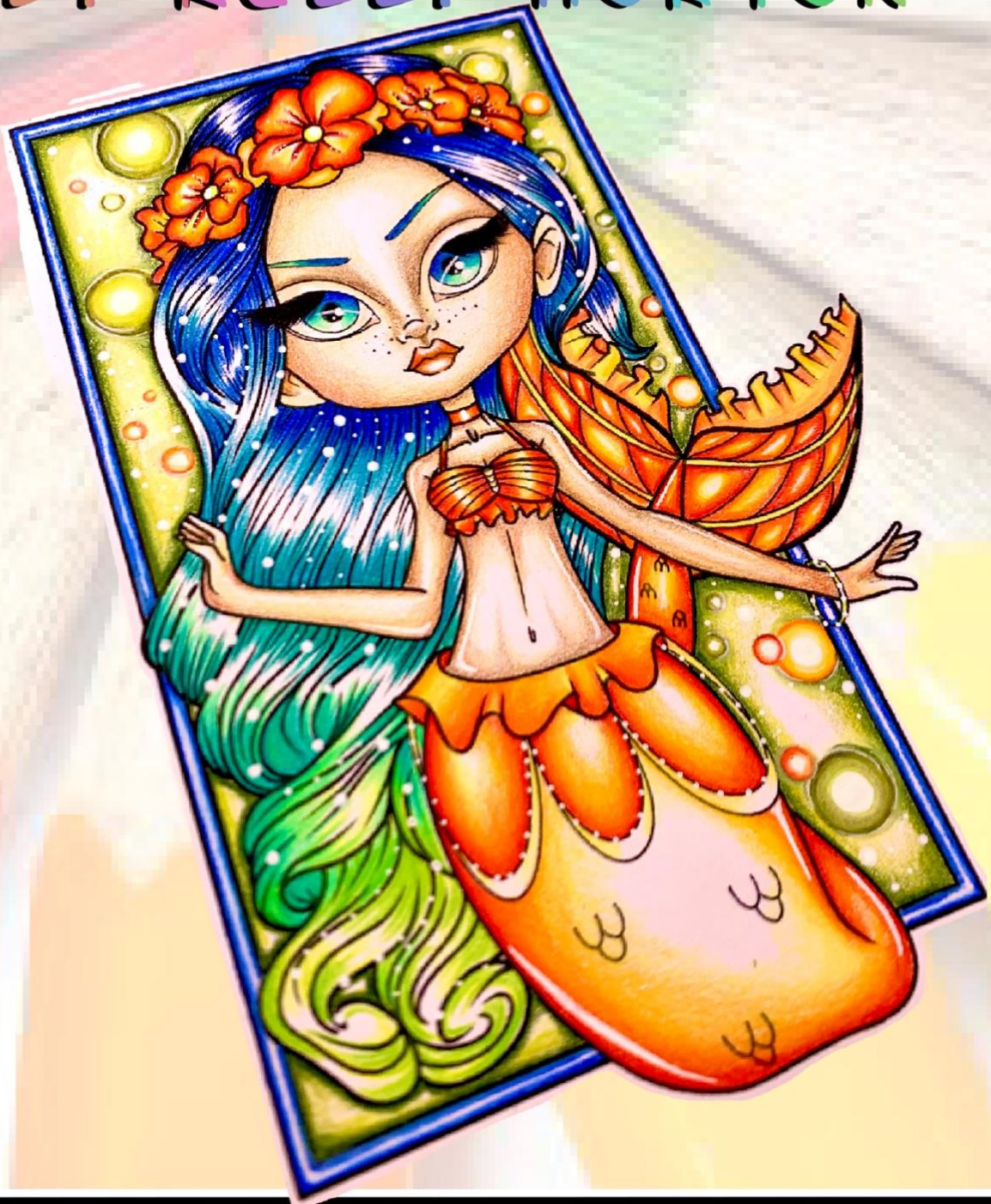


COLOURING FOR MINDFULNESS

BY KELLY HORTON



COLOURING FOR MINDFULNESS

WHAT DOES MINDFULNESS MEAN? AND
HOW CAN THAT HELP YOU

MINDFULNESS IS SIMPLY A TECHNIQUE IN WHICH WE CAN FOCUS OUR MINDS TO BECOME QUIET, AND ALLOW OURSELVES TO ACKNOWLEDGE OUR FEELINGS, THOUGHTS AND EMOTIONS.

IN A WORLD WHICH IS LOUD, BUSY AND ALWAYS IN A RUSH , SOMETIMES WE NEED A WAY IN WHICH TO BECOME QUIET AND CALM.

AND COLOURING IS AN EFFECTIVE AND ENJOYABLE WAY TO DO THIS.

BUT HOW CAN THAT HELP YOU ?

IF YOUR FEELING, STRESSED, ANXIOUS, WORRIED OR AS THOUGH YOU CANNOT CONCENTRATE, THEN TAKING A MOMENT TO RELAX AND ALLOW YOUR SELF SOME QUIET TIME , CAN REALLY HELP US PROCESS THESE EMOTIONS.

SO IF YOU HAVE A LOVE OF THE ARTS USING COLOURING AS A WAY TO IMPROVE OUR MINDFULNESS, IS AN ENJOYABLE AND REWARDING THERAPY.

COLOURING FOR MINDFULNESS

WHAT ARE THE BENEFITS OF COLOURING ?

COLOURING HAS SUCH A CALMING EFFECT THAT IT ACTUALLY RELAXES THE "FEAR CENTRE" OF THE BRAIN, AND INDUCES THE SAME STATE OF MIND THAT MEDITATION CREATES. THIS HELPS OUR BRAIN TO PROCESS OUR UNRESOLVED FEELINGS AND ANXIETIES FROM OUR DAY. IT REALLY IS WONDERFUL THAT SUCH AN ENJOYABLE ACTIVITY ALSO HAS SUCH POSITIVE BENEFITS FOR OUR MIND AND OUR WELLNESS. COLOURING ALSO IMPROVES OUR FOCUS AND IMPROVES SLEEP!

SO WHAT'S THE SCIENCE ?

COLOURING USES TWO HEMISPHERES



- ① THE LOGICAL SIDE - THAT HELPS US STAY IN THE LINES
- ② THE CREATIVE SIDE- THIS HELPS US PICK OUR COLOURS/ TECHNIQUES/STYLE- AND THIS GROWS WITH MORE EXPERIENCE , YOUR CREATIVE SIDE CAN LEARN SO MANY NEW SKILLS !

COLOURING FOR MINDFULNESS

SO , WHERE DO WE START ?

IT'S SIMPLE !

GRAB YOURSELF A COLOURING BOOK, AND SOME PENCILS
AND START COLOURING !

FOR THE PURPOSES OF STARTING FROM SCRATCH, SEND ME
AN EMAIL HERE -

[KELLYARTISTTHORTON@YAHOO.COM](mailto:kellyartistthorton@yahoo.com)

AND I SHALL SEND YOU A COUPLE OF PAGES TO START
WITH.

COLOURING FOR MINDFULNESS

SO , WHERE DO WE START ?

IT'S SIMPLE !

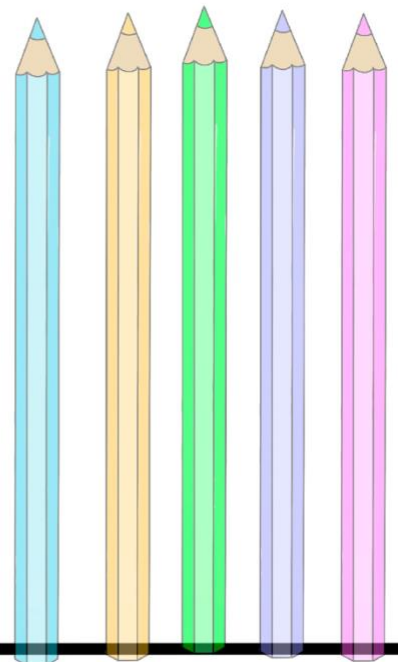
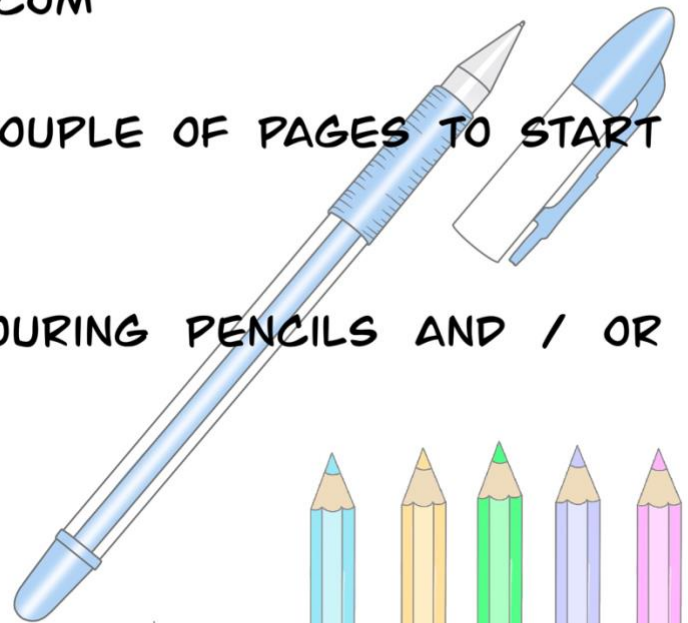
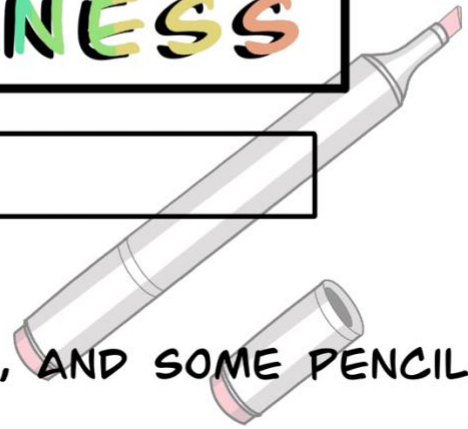
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YOU ALSO NEED SOME COLOURING PENCILS AND / OR
COLOURING PENS.



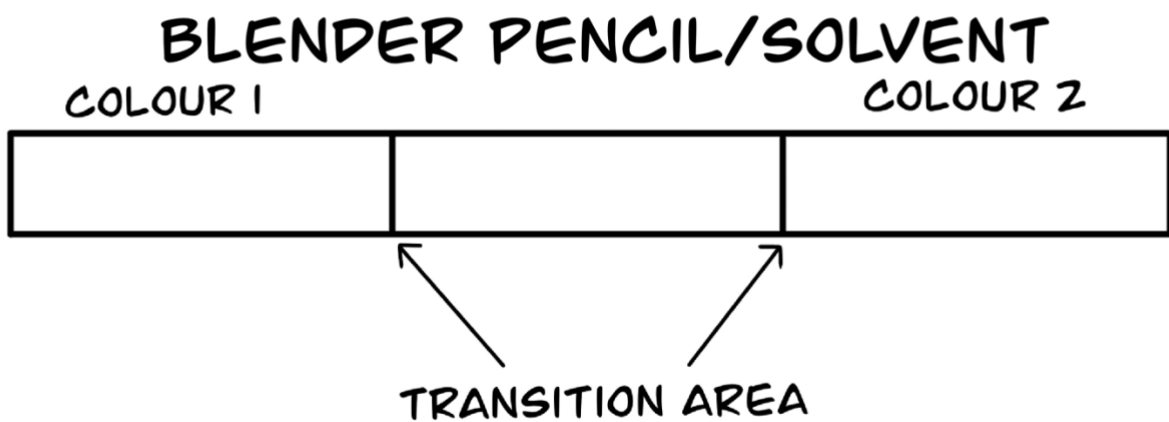
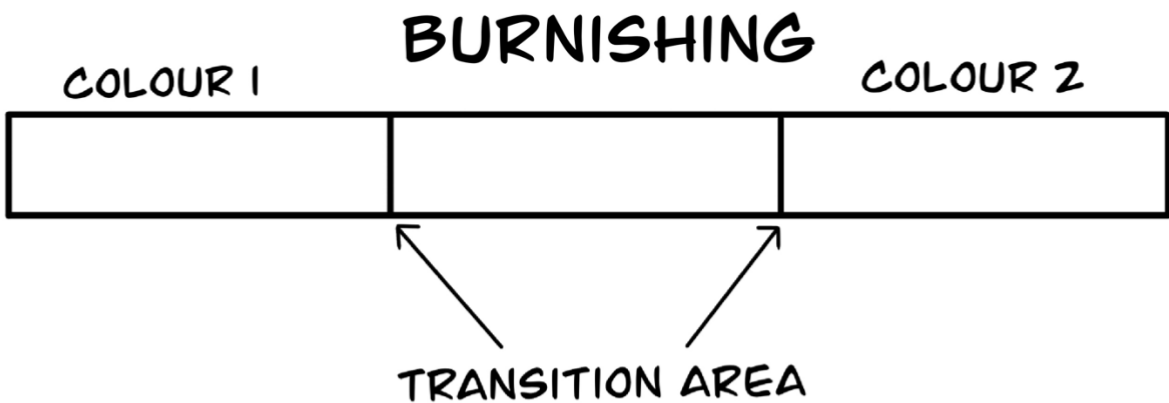
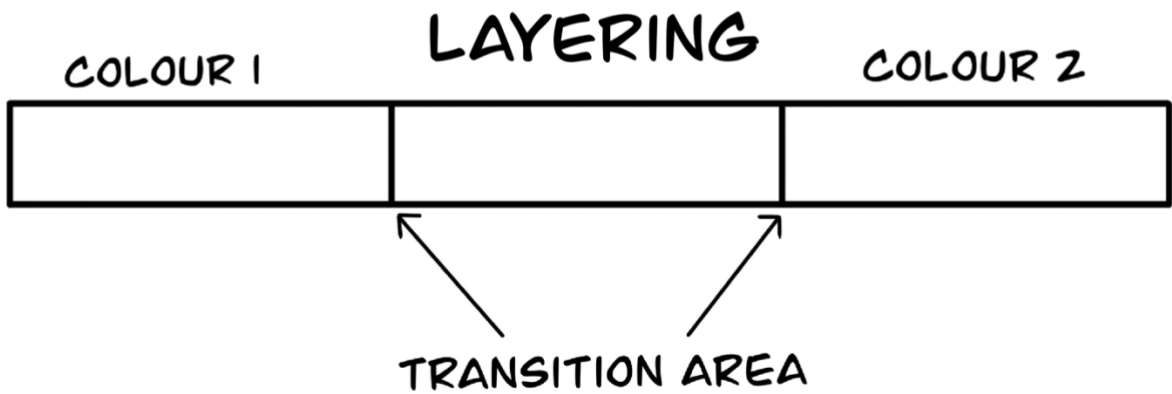
COLOURING FOR MINDFULNESS

LET'S LEARN SOME SIMPLE TECHNIQUES



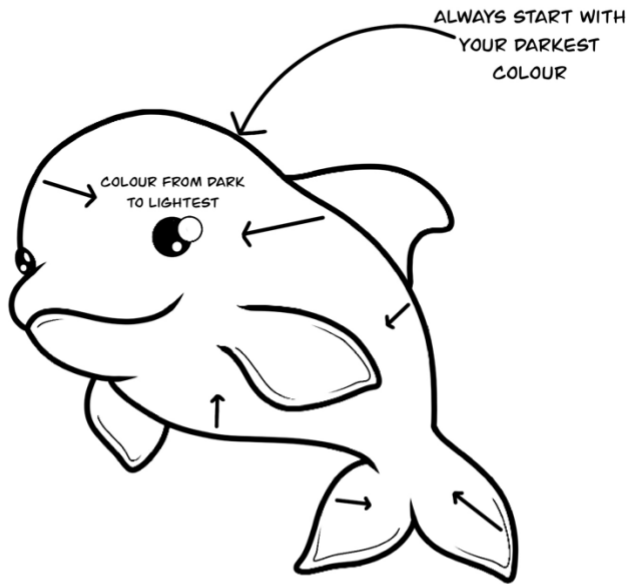
BLENDING TECHNIQUES

REMEMBER - TO SUCCESSFULLY
BLEND COLOURS THEY MUST BE
ABLE TO TRANSITION WELL

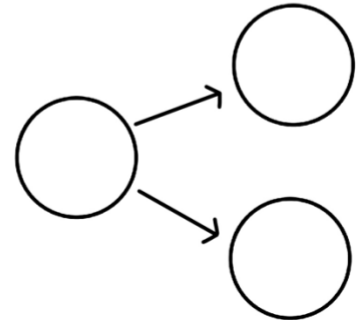


EASY COLOURING TECHNIQUES

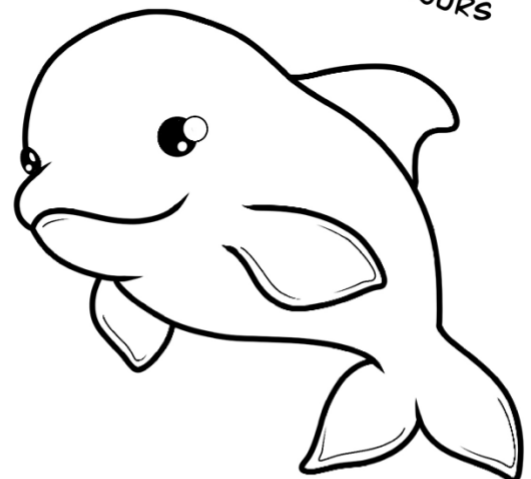
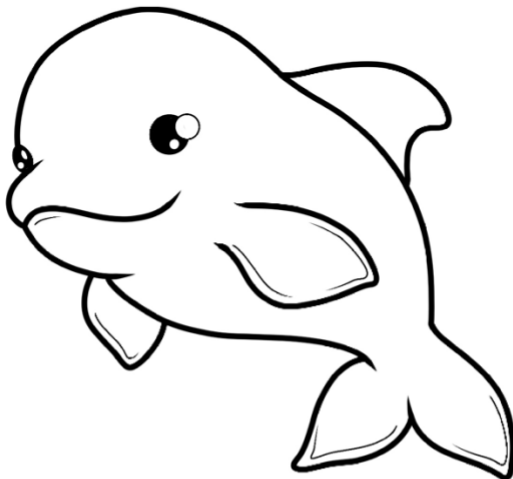
1 DARKEST ON THE LINE



PICK YOUR COLOUR



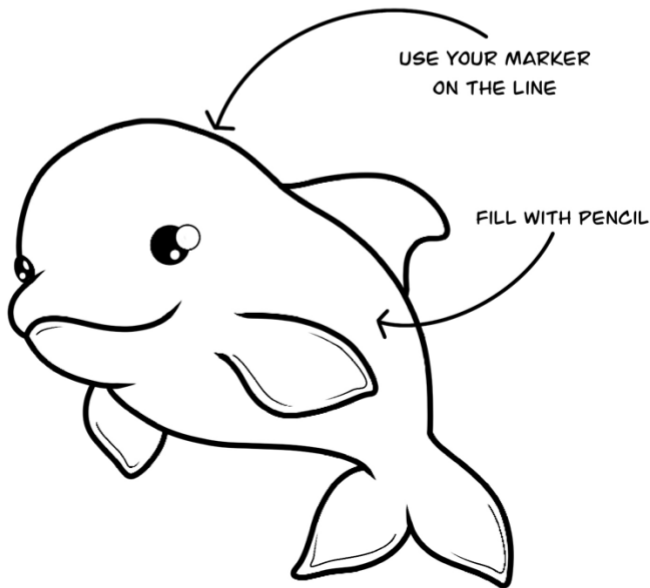
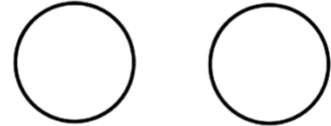
DEMO



EASY COLOURING TECHNIQUES

I MARKER ON THE LINE

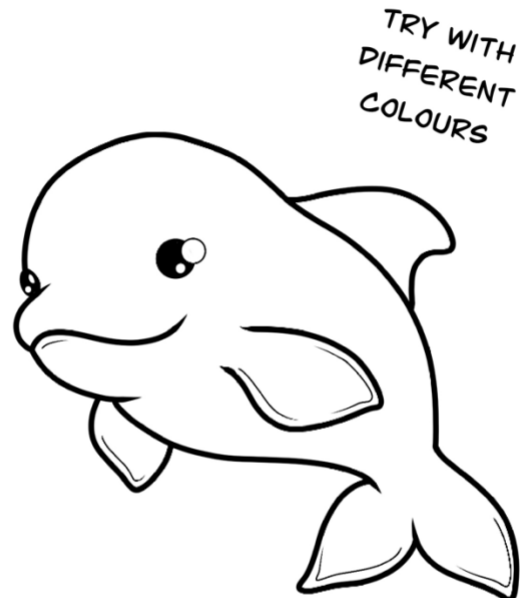
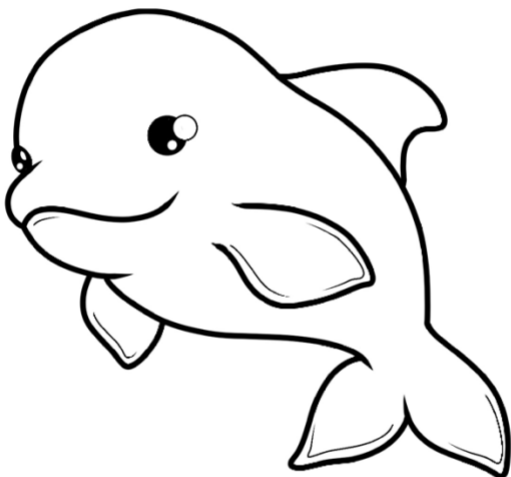
PICK A MARKER COLOUR → PICK A LIGHTER PENCIL



USE YOUR MARKER ON THE LINE

FILL WITH PENCIL

DEMO



TRY WITH DIFFERENT COLOURS