MINDFUL COLOURING

Mindful colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

If we catch ourselves thinking about the past or the future, we can **bring our awareness back to what we are doing** in the present moment by describing what we are doing.

"In this current moment, I am colouring in"

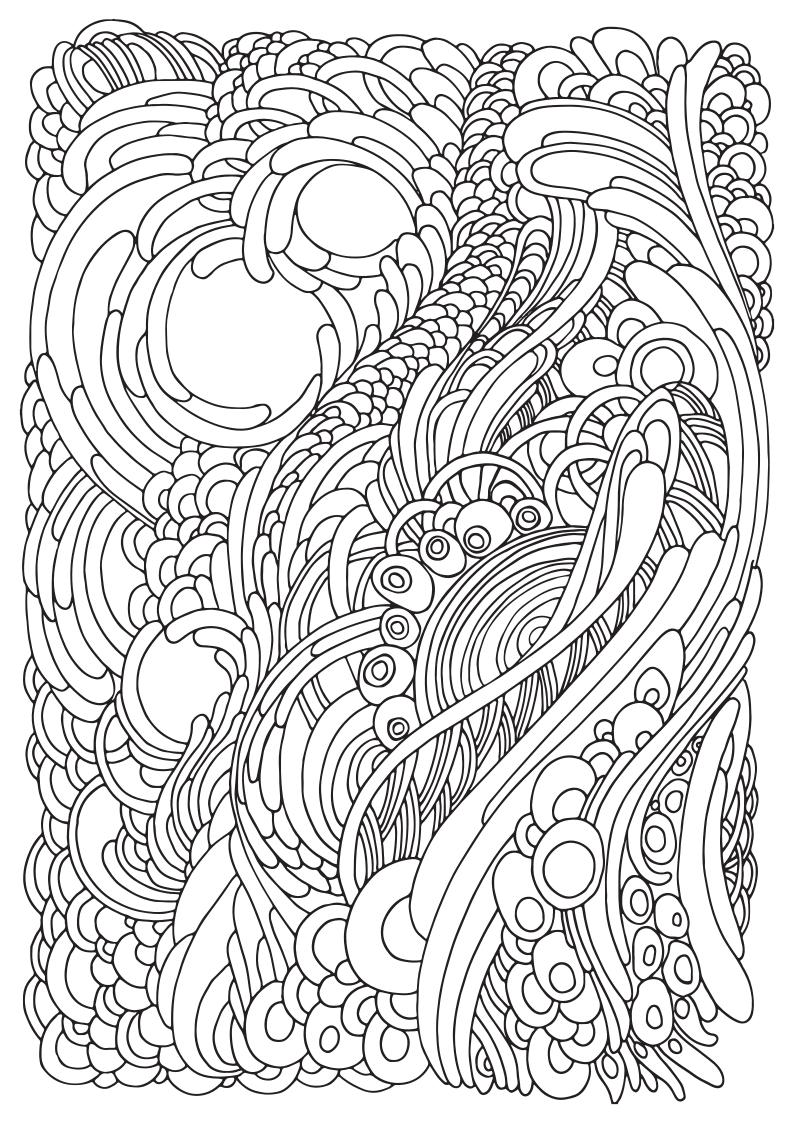*"I am picking up a red pen and will use it on all of the hearts in the picture"*

We need to let go of judging whether the colouring in is good or bad, amazing or terrible and whether we are good at it or not. **There is no right or wrong way** to colour in, it is a form of self-expression.

"I have coloured in the robots with blues and greys and the background in yellow"

Mindfulness can improve our overall sense of well-being. **We feel more relaxed** by paying attention to the present moment. We are also practicing training our minds to focus which can help in our study and work.

"Colouring helps me wind down and calm down after the stresses of a day at school or work"

RELAX

youthfocus.com.au

If you are a young person seeking support or if you know of someone who may need some help please call Youth Focus on **[08] 6266 4333,** email **hello@youthfocus.com.au** or visit our website

54 Goodwood Parade **Burswood** | 1/93 Grand Boulevard **Joondalup** | 5/5 Goddard Street **Rockingham**

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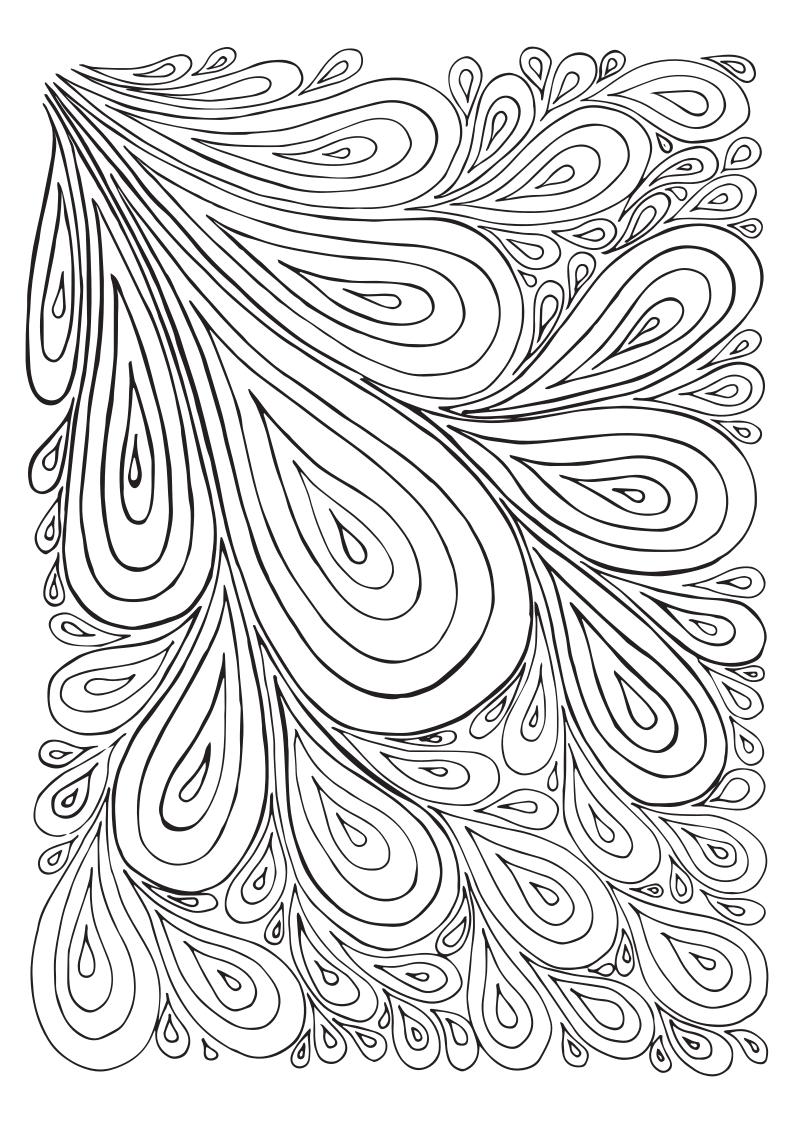"I am picking up a red pen and will use it on all of the hearts in the picture"

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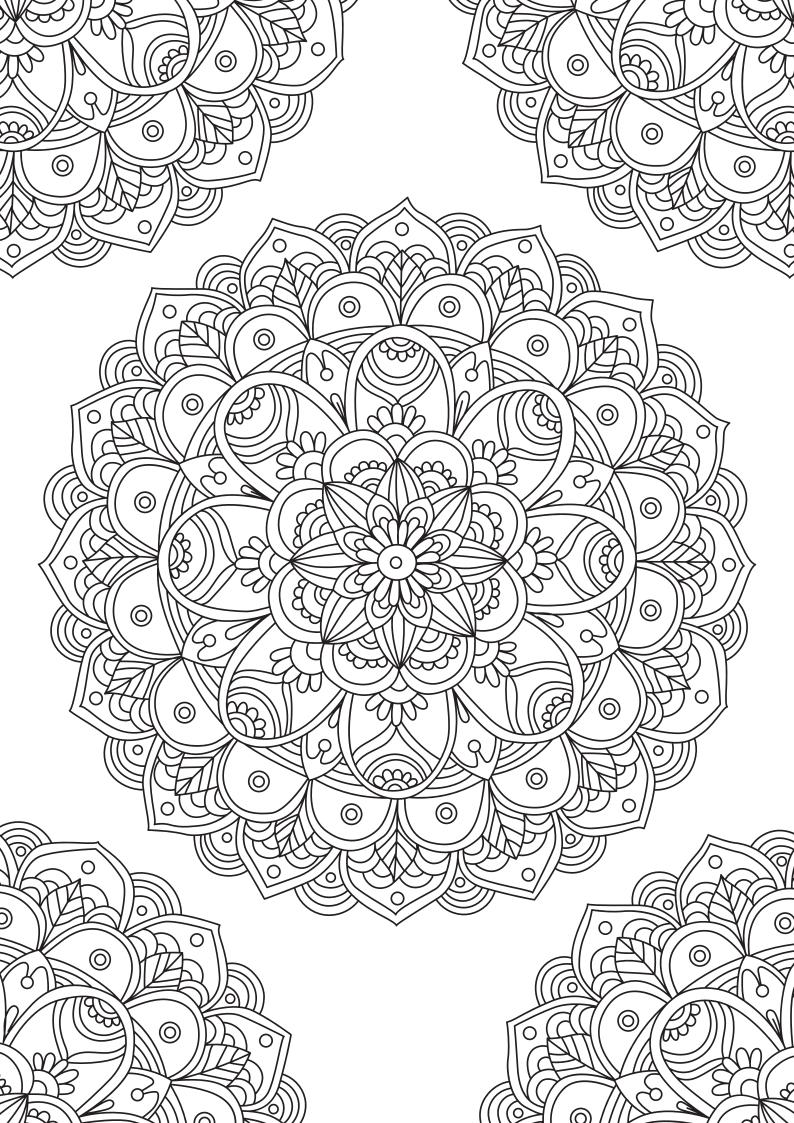*"I am picking up a red pen and will use it on all of the hearts in the picture"*

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