



Color Out The Stress: Art Therapy and Inspirational Adult Coloring Book (Art Therapy Coloring Books)

Dana Danes

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Stress is difficult to define or measure. Some people thrive on a busy lifestyle and are able to cope well with daily stresses. Other people feel tensed or stressed by the slightest change from their set daily routine. Most people fall somewhere in between, but may have periods when levels of stress increase. Set specific times aside to relax positively, the best example is a coloring book. Don't just let relaxation happen, or not happen, at the mercy of work, family, etc. Plan it, and look forward to it. Different people prefer different things. A long bath, a quiet stroll, sitting and just listening to a piece of music, etc. These times are not wasteful, and you should not feel guilty about not 'getting on with things'. They can be times of reflection and putting life back in perspective. Some people find it useful to calm via coloring books we provide, as the means to achieve destress relaxation.

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