Coloring Vs. Meditation: Does Coloring Really Offer the Same Benefits?

Both adult coloring and meditation are being talked about in terms of helping with stress, anxiety, and various other health benefits, but which one is better? Here is a brief look at coloring as it compares to meditation.

**They Are Both Great For Anxiety**

There are quite a few ways where both coloring and meditation are equal, specifically in terms of mental health. One thing to really take note of is that both of these activities help to calm you down, relax your mind, and give you something positive to focus on. This is really important if you experience a lot of anxiety, which may lead to increased stress, panic attacks, or even a nervous breakdown. Anxiety can also be a trigger for depression in some people, so it is important to reduce it whenever possible.

**Coloring is Easier to do**

If you just want something you can try for a few minutes and not have to invest too much thought into, you may prefer coloring. This is something you can do just about anywhere, from your bedroom when it is quiet, to the kitchen table when your family is home. It also doesn’t require getting into a certain mental state just to do it and no practice is needed. While meditation can be just as effective, it does require a lot more focus and tends to be more difficult to do.

**You Can Involve Others When You Are Coloring**

Another reason you may want to try coloring for your stress or anxiety instead of meditation is because you can involve others in the practice. Meditation is something you do when you are completely alone, but coloring can be done alone or with others. You might enjoy getting the kids together and having everyone sit quietly to color, or you can chat while you are coloring, and still benefit from the light conversation and the calming practice of coloring mandalas and other geometric designs.

**Meditation Produces Long-Term Results**

A benefit with meditation, is that because you are learning to clear your mind and gain a certain amount of focus, it is a skill that can have long-term results. With coloring, the calming feeling lasts a while after each coloring session, but it isn’t quite the long-term effect as when you start learning how to color.

Each one of these options provides a great way to ease the stress, anxiety, and depression you are experiencing. There is nothing wrong with incorporating both of them into your life.