Why You Should Color Every Day

Hello [[firstname]],

If you read today’s blog post, you know we were talking about coloring and how it compares to meditation. You can read it here if you missed it:

[Insert Link]

Today we are going to delve further into the subject of coloring and look at the unique benefits of this activity.

**It Helps to Reduce Stress**

Coloring is a great way to reduce your stress level since it actually clears your mind. When you are coloring, you are more focused on the activity, choosing colors, and working on your technique, that you are going to start relaxing in your mind and the wheels in your brain will stop spinning for a while. It is actually one of the best activities that is not only fun and creative, but also very soothing for your mental health.

**Coloring Helps You Focus**

Believe it or not, the more you color, the better you are able to focus on other things even when you are not working on this activity. This type of practice is going to teach you how to relax your mind and kind of let the little things go while you focus on more important things. As you begin coloring more, you will find that when you are at work, your mind instantly knows how to focus on the task at hand, just like the practice of coloring was helping you do.

**You Have a Healthy Activity**

The problem with being an adult is that there are a lot of unhealthy ways to cope with things like anxiety, depression, stress, and simply a busy schedule. You often turn to drinking alcohol and other unhealthy habits that are only making matters worse. However, coloring is a low-cost and healthy activity you can do just about anywhere that is easy to do and won’t create an unhealthy lifestyle habit.

**You Can Express Yourself Creatively**

Just because you are coloring, doesn’t mean it isn’t also a form of self expression. You get to choose the picture to color and the types of coloring medium and which colors you actually use, so this allows you to be more creative in your daily life.

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