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Mindfulness coloring is a fun and easy way to add peace of mind to your life and be present. Use these free mindfulness coloring sheets that you can print out at home to help you be more attentive every day. It's not for nothing that attentive coloring books have been so popular lately. Being attentive is great not only for your mind and soul, but also for your body. It's meditation, like yoga, but without the physical part. So, do you know what exactly mindfulness is? Being attentive means being present and being aware of the moment. This means that it takes time to focus on how you feel and what is going on around you. I'm a super fan of using my bullet magazine to practice mindfulness too, but it's good to know that there's more than one way to do it. Why is mindfulness coloring good for you? Studies show that there is a clear correlation between mindfulness and art therapy. Soothing coloring, along with other tasks with predictable results such as drawing, logging and knitting, are ideal de-stress-er activities and work wonders to relax your mind. I'm sure you felt that way when coloring or drawing before, right? The reason is that coloring, just like meditation, allows you to disconnect your brain from the daily thoughts that inhabit your mind and focus on the task at hand - the immediate moment. And that's mindfulness! Coloring is a deliberate anti stress therapy that helps your body and mind appreciate the minutiae in life and attend. This will help you learn how to better respond to situations and achieve a state of calm that clears your mind of stress and discontent. Being careful takes time to learn, and these coloring therapy pages will help you get there. Because they are so good at helping you release stress by being more mindful, art therapy coloring books are frequently used for both children and adults, in classrooms, at work or at home. Love the mindfulness of PDF coloring? Finishing the art magazine page for more inspiration. The benefits of coloring mindfulness for children and adults Mindfulness coloring can help you in many ways. Below I listed a few benefits of relaxing coloring to keep in mind: Art therapy coloring books will help you express yourself emotionally, without using words. Mindfulness coloring for children helps keep them busy. This strengthens fine motor skills, keeps them entertained and helps improve their attention span. Mindful coloring for adults will help develop mindfulness and concentration skills too. To help you become more attentive I organized this mindfulness coloring free print download. Once you download it you can print as much time as you want for personal use. To get the most out of these amazing benefits, just print out these sheets, grab pencils and have fun. Please subscribe here to access the mindfulness care book that you can print at home. 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In today's tense world, finding a moment of peace and tranquility can be challenging. Mindful coloring is a simple but powerful practice that combines the proven, time-tested tradition of thoughtful meditation with the growing popularity of adult coloring, and shows that any activity done correctly can be an exercise in mindfulness. In the book-coloring Mindfulness, experienced illustrator Emma Farraron presents 70 intricate and seductive patterns that will help you paint your way to tranquility. Here are flowers, leaves, butterflies and birds alongside rolling waves and kaleidoscopic designs. Ideally sized to fit in a pocket or handbag, and printed on high quality paper that will provide a watch of bliss. Mindfulness Coloring is ready to help you relieve stress wherever you go. So take a few minutes out of your hectic schedule to reset and upgrade with mindful coloring and relieve the days when your biggest concern was staying within the lines! Without any distracting themes, full of soothing waves and geometric patterns, this mindfulness oriented coloring book will pack an extra blow of calm. -Huffington Post Easy to get lost in these beautiful images! -Washington Post life is basically a kind of stress. This little, charming coloring book will help you relax and relax. - ApartmentTherapy.com One of the best coloring books out there. -Huffington Post Farrarons are right about the anti-stress angle. Plus it was a lot of fun. -Boing Boing This little volume should become a popular favorite among busy adults. - San Francisco Book Review from Publisher Publisher Publisher mindfulness coloring book free pdf

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