



Benefits of Mindful Colouring

REDUCES STRESS AND ANXIETY

Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

IMPROVES MOTOR SKILLS AND VISION

Colouring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colours generates a creative thought process.

IMPROVES SLEEP

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Colouring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

IMPROVES FOCUS

Colouring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to colour!

If you're looking for an uplifting way to unwind after a stressful day at work, colouring will surely do the trick.

Have a go at colouring our logo however you like!

