grab your favorite coloring book or sheet. Mandala designs work great, or try a zentangle! Put on some soothing music or sounds from a meditation app if you want. Spend some time getting lost in your work and feel the flow!

**What is mindful coloring?**

**Mindful Coloring**

Mindfulness is the practice of being present in the moment with a non-judgemental attitude. Paired with coloring, this means letting yourself color or draw without distractions or judgement.

**How to:**

- Grab your favorite coloring book or sheet.
- Mandala designs work great, or try a zentangle!
- Put on some soothing music or sounds from a meditation app if you want.
- Spend some time getting lost in your work and feel the flow!

**Free Resources:**

**Coloring Apps:**
- Color Therapy
- Pigment
- Colorfy
- Color Me

**Meditation Apps:**
- Insight Timer
- Calm

**Coloring Pages:**
- Disney Online Coloring
- Mandalas and more
- Animals, words, and designs
- Online Coloring
- Online and printable coloring pages

**Benefits:**

- Decreases overall anxiety, test anxiety, social anxiety, and math anxiety.
- Can improve problem solving and refocus attention.
- Helps induce a flow state and increases state mindfulness.

**References:**


