**Mindful Coloring**

Choose a mindful coloring page that appeals to you.
Using colored pencils and markers, color in the image.

Coloring has the ability to relax the amygdala. The amygdala is the part of our brain that processes emotions.

Research shows that coloring can
reduce stress and boost creativity.

To access this activity's translations, scan this QR code:

Or go to: https://bit.ly/ocdecoloring