



Floral Designs: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 3)

Audrey Wingate, WMC Publishing

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Create Your Own Flower Artwork

Relax as you color in your own pictures of flowers using the outline floral patterns and flower designs, created using both real and imaginary plants and flowers

Coloring is something which has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have seen this wisdom being overturned and coloring for adults has become a widespread activity.

But why has coloring for adults become so popular? There are many explanations for the explosion in adult coloring, but here are just some...

Coloring Reduces Stress And Anxiety

Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than 100 years ago. In today's hectic world the stress reducing properties of coloring are more valuable than they have ever been.

Coloring Trains Your Brain To Focus

Keeping within the lines as you color a simple black and white line drawing takes focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which lets you set aside everything else for the time you spend coloring, and this is extremely important in our stressful world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two hemispheres of the brain to interact and involves both the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the brain responsible for fine motor skills and vision into play, and helps to keep these active and develop them further. It is this aspect of coloring which is being increasingly seen as especially valuable for older individuals, as many believe that it can delay, or even prevent, the onset of dementia.

Coloring Provides The Chance To Be Social

Although you might think that coloring should be a purely solo activity, its increasing popularity is rapidly turning it into a social one. Friends, families, work colleagues and others are now getting together to eat, drink and enjoy the opportunity to socialize, through their shared interest in coloring. Indeed, this is a great excuse for a party, as coloring takes only minimal concentration and can easily be done in a group.

Coloring Allows You To Express Yourself

There are no rules when it comes to coloring and your coloring book is just that - **your** coloring book. If you accidentally color the cat's rear leg green because you thought that it was part of the grass, who is going to care? Should you decide to make the sky pink, does it really matter? You are allowed to be as creative and experimental as you like because this is your coloring book, and yours alone.

You may of course already be a follower of adult coloring, in which case you will already know and appreciate its value. This may however be a new enterprise for you and one that you are considering for any one of several different reasons. If this is something new for you then **I encourage you to give it a try**. There is a reason why so many people are excited about the world of adult coloring, so **jump on board and start to enjoy the benefits for yourself today**.

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