



# BEING A COLOURIST

Who among us have found themselves lost within the colours and lines of a colouring session with children and grandchildren. I for one have found myself sitting alone at a table surrounded by pencils and textas with the realisation that the child that started the colour session has since moved onto yet another form of play, leaving me to choose and fill in the picture at hand. Such is the calming and meditative power of colouring in. Maybe it takes us back to a simpler time in our life when worries, illness and stress were non present in our lives. Allowing yourself to colour and spend quiet time allows the worries fade away.

I have noticed of late a wide diversity of colour books targeting the adult population available in stores. Now these are not "adult books" of the sealed section variety, but books with pages of black repetitive patterns on white paper calling the owner to imprint their own colour style. Some are marketed as "art therapy" and whilst there is a lot of research evidence to support some real health benefits of reduced stress, anxiety, depression and increased cognitiwve function in the form of concentration, we should be careful about using this term. Colouring in practice is used as a part of art therapy and used with the instruction, interpretation and guidance of a trained therapist who is health care professionals with backgrounds in both art and psychology or counseling. Adult colouring in is personal therapy that can help you relax, reduce stress and boost your mental clarity and your creativity.

Research has found that the process of colouring in repetitive patterns such as Mandalas and plaid patterns can promote wellbeing by relaxing the mind, focusing the senses, and unlocking creativity. Curry and Kasser in their landmark 2005 study in *Art Therapy: Journal of the American Art Therapy Association* showed that anxiety levels declined with colouring repetitive patterns as compared to unstructured- colouring group. They suggested that structured colouring can induce a meditative state to improve wellbeing and reduce anxiety. Carl Jung, one of the founders of psychology, used the colouring of Mandalas as a relaxation and self-discovery tool over 100 years ago.

Adopting a pre bedtime ritual of colouring in can help promote a good night sleep as a result of being less stressed and reducing the night time stimulation from electronic devices such as television and computers, which can disrupt our circadian rhythms and also prevent adequate production of melatonin (the hormone of darkness and sleep) increasing insomnia or restless sleep.

Newsagents, book stores and online a wide supply of adult colour books with a number showing up on Amazon.com on their best sellers list. I found some free downloaded patterns on the following sites or simply google "adult colouring templates" in google images.

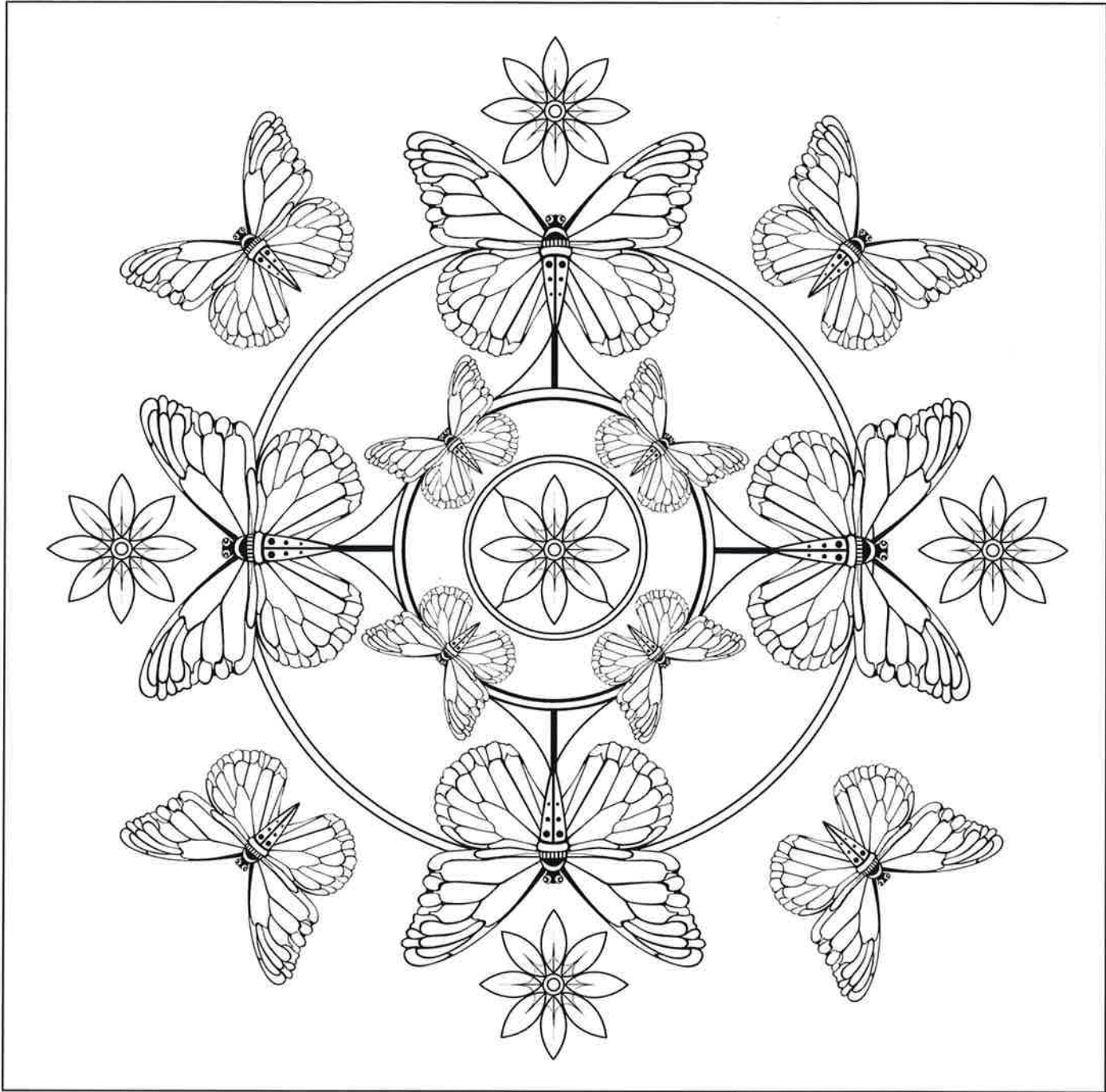
<http://www.muminthemadhouse.com/2015/04/19/free-colouring-pages-for-adults/>

<http://www.coloring-life.com/en/adult-coloring-pages.php>

<http://www.art-is-fun.com/free-adult-coloring-pages/>

I admit it, I am a colourist and have adopted the colouring craze and encourage those that need to take some "ME" time to explore the guilty non-fattening pleasure of colouring.

Lose some time and pick up a pencil.



# COLOURING COMPETITION

Try your hand at being a colourist. For your chance to win  
and pencils. Colour with your own style the above te.  
and either email or post your butterfly ma  
The winning best picture,

*This Competition  
has now expired.*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

