#TREbit COLOR2CHILL

Stressors surround us day in and day out. It's a prime opportunity to incorporate an activity of self-care during these cold winter months plus decreased community activities during the pandemic. The activity of coloring helps to decrease stress hormones and allows the chemicals in the brain to level out.

Coloring is not only a childhood activity. It's an activity that helps us chill throughout our lifetime. Coloring requires just enough focus to activate our frontal lobe, which controls complex thinking and problem solving, while quieting the amygdala that releases stress hormones. Some find the activity of coloring or doodling improves their ability to listen and concentrate and is beneficial during meetings or training to improve the integration of information. To reap the benefit of coloring in the workplace, provide the option for coloring for staff and individuals in services.

The following information is taken from the Adult Coloring Masterpiece website, visit the website for additional information.
https://coloringmasterpiece.com/a-look-at-how-coloring-affects-the-brain-according-to-science/

Scientists are finding that coloring facilitates a lot of mental and physical benefits for those who participate in this activity. The reasons are tied to how it affects the brain. Here's how coloring affects the brain according to science:

- *The brain goes into a meditative state*
- *The brain relaxes, decreasing activity in the amygdala*
- *The brain replaces negative thoughts with positive ones*
- *The brain focuses on the task at hand*
- *The brain becomes calm*
- *The brain can achieve mindfulness*

The impact of coloring varies from person to person. Other hobbies have similar features of concentration while activating enjoyment such as puzzles, knitting, or playing a musical instrument. However, the benefit of coloring is anyone can do it, and there are no rules (coloring outside the lines is fine!). You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!