

Mandalas for Stress Relief

Feeling stressed? We turn to prayer and in remembrance of Allah. Some people also look for other options such as going for a long walk, whilst others would read or write. A few work out, and many turn to accessing the internet, watching TV or meditation.

While there are lots of ways to relieve stress, a new and exciting tool that you can add to manage stress is by colouring mandalas.

Colouring mandalas is proven to help reduce anxiety levels and stress, through colouring the variety of patterns as it relaxes the brain.

Colouring helps both adults and young people to refocus their thoughts. It's turning off the brain and focusing on the colouring page at hand rather than other stresses.

Mandalas are an exceptional form of art to help relieve stress when you want to grab something at hand and get started right away.

You will need a set of colouring pens or pencils to begin your journey. You will find it a breeze to blend and layer your colours creating beautiful scenes.

There are many different colouring worksheets that you can download for free from your computer or books that you can purchase.





