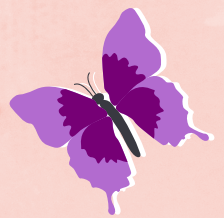


THIS WEEK'S NOOK
ACTIVITY IS HERE!!



SPRING COLORING

Stop by the nook
table at OHP for
coloring sheets to
relieve your stress!

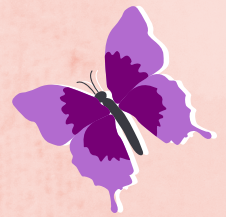


WHY COLOR?



Studies find that structured coloring reduces perceived stress, negative mental states, and can relieve anxiety.

Daily coloring is a simple and effective self-care activity!



Sources

Curry, N. A., & Kasser, T. (2005). Can Coloring Mandalas Reduce Anxiety? *Art Therapy: Journal of the American Art Therapy Association*, 22, 81-85. Retrieved January 21, 2019.
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Jayde A. M Flett, Celia Lie, Benjamin C Riordan, Laura M Thompson, Tamlin S Conner & Harlene Hayne (2017) Sharpen Your Pencils: Preliminary Evidence that Adult Coloring Reduces Depressive Symptoms and Anxiety, *Creativity Research Journal*, 29:4, 409-416, DOI: 10.1080/10400419.2017.1376505