

Colour the stress away

Colouring may seem like a very simple exercise of illuminating surfaces with hues, but its restorative and therapeutic aspects are many. It ranges from aid in the treatment of different psychological disorders to working as an ideal mental stress reliever. Though many of us have been associating colouring only with our childhood, it is time we knew the countless health benefits of colouring for adults.

In recent times, colouring has been called the art of anti-stress. This act is in itself a very rehabilitating exercise as it allows us to connect with our inner selves. **The act aids us to disconnect from this world, stimulate our creativity and mindfully connect with ourselves as well as our creativity. This is exactly why the trend of adult colouring books has spread far and wide, and some of these books have emerged as the best sellers.**

"The Secret Garden," by Scottish artist, Johanna Basford, has become a



fantasy world – which ultimately helps us to disconnect from our mundane tasks and restore a sense of tranquillity.

If you are aiming to buy well-curated adult colouring books, you can try out the bookshops such as Bengal Boi and Pathak Shamabesh Centre. One can buy the books within the price range of Tk 1200-2000. Furthermore, online shopping sites such as Daraz and Rokomari are equally providing beautifully designed colouring books for adults. But for those who want to experiment with a variety of colouring pages without spending any money, free printable colouring pages are available on various websites, for example, justcolor.net and Pinterest.

The art of colouring is an easy, luminous exercise. Yet, this simple exercise can incorporate a sense of inner tranquillity in our lives and help us develop basic cognitive processes such as concentration on a task, creativity, and motivation. So,



real international success. This book has been translated into more than fourteen languages, and the drawings that this book contains have been curated by hand; including the animals, forests, and flowers.

The act of colouring can relax the fear

centre (amygdala) of our brain and bring a state of calm and peace by reducing the scattered thoughts of our restless minds. In short, the therapeutic pleasure of colouring can generate mindfulness and quietness in our lives.

During our childhood, we all used to love the smell of colour pencils, crayons, and we were busy bringing our cherished drawings to life – with colours. And with time, colouring has become more than just a pleasurable act designated only for children.

According to a research study, when we focus on painting, we begin with hand-eye coordination, which eventually causes us to **activate certain brain areas that favour the inhibition of the limbic system or our emotional sentinel. Hence, the result: we are liberated from our daily concerns and anxieties.**

We don't colour for the sole purposes of

manipulating our brain and sweeping the dust of anxiety from our unconscious mind. We engage in the act of colouring because it is fun. And many adults nowadays are exploring this enjoyable and relaxing practice.

There are many groups and pages available online that have helped many adult colourists connect and promote relaxation and well-being. Such a public Facebook group is Coloring Books for Adults. Moreover, many free virtual colouring apps, for instance, Colorists: Adult coloring book, have gained immense popularity for their easy-to-use conducive features.

Still, the joy of filling out the intricately designed doodles, or images colourfully by hand is incomparable. When we colour without judging the outcomes, our attention is solely focused on the pleasure of colouring. It is a restorative exercise, and this simple act guides our mind to a



why don't we choose colourful markers, pencils or crayons and evoke the artistic side that we all have!

By Ayman Anika
Photo: Collected

us on /Sandalina

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