



Stress Coloring Book: Creative Art Therapy for Stress Reduction and Stress Relief Adult Coloring book

Rose Winslet

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Stress Coloring Book by Rose Winslet The coloring-books, which primarily seem aimed at women, are billed as stress fighters and mood elevators or, in some cases, art therapy. Is coloring-in as “art therapy” an answer? The people using it clearly think it is, with one coloring-book aficionado telling the press, “I realized that coloring makes my headaches go away. I concentrate, my breathing slows down and I move into a deep calm.” Art therapy is a method of using art, dance, music and other mediums to engage with people who have a variety of conditions, be they physical or mental. In particular it may be useful for helping children with mental and social disadvantages begin to communicate more effectively with the outside world. The therapy is always conducted by a licensed professional and, like all therapy should, is done with strict therapeutic goals and guidelines.

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