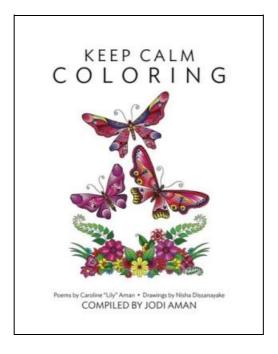
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Reviews

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KEEP CALM COLORING: STOP STRESSING, START COLORING (PAPERBACK)



Ja Love Media, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. More than anything else, the one thing that helped me come out of my dark place was getting my mind engaged in projects to take my mind-space away from anxiety and worried ruminations. I volunteered, re-did furniture, made gifts for people, cooked exotic food, designed jewelry, gardened, learned new things, took classes, read loads of books, organized closets, planned parties, started a business, and much more. Idle hands are the devil s workshop. English proverb. And an idle mind is Anxiety s playground. That is why people often get so nervous in the late evening, (especially children). When they are alone in their beds, there is nothing to think about so often worries and scary thoughts and images infiltrate that blank space. There is a holistic cure for an idle mind that is accessible to any of us: Getting involved in something creative. Anxiety doesn t want you to do this. It tells you to stop doing anything until you get over Anxiety. Yes, there are some things that are stressful and that would benefit you to change in your life. Take a break and change those. But when you withdraw from what can make you happy, this usually worsens the problem. Four ways that creativity helps the brain There are four ways that creativity helps the brain and I encourage everybody to take on something creative in their life. 1. Physically Pain starts in the brain rather than the joints or muscles. When people are engaging in a creative activity or social activity, they experience less pain. It also stimulates those parts of the brain that we need stimulating to help us recover from our past. 2. Mentally Doing something takes...



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