



ART THERAPY

UNDER THE SEA

Coloring
designs
for fun and
relaxation



The Herald

UNDER THE SEA

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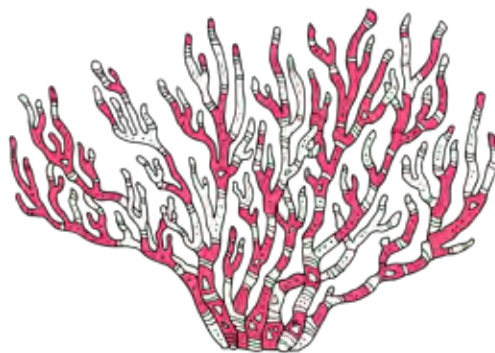
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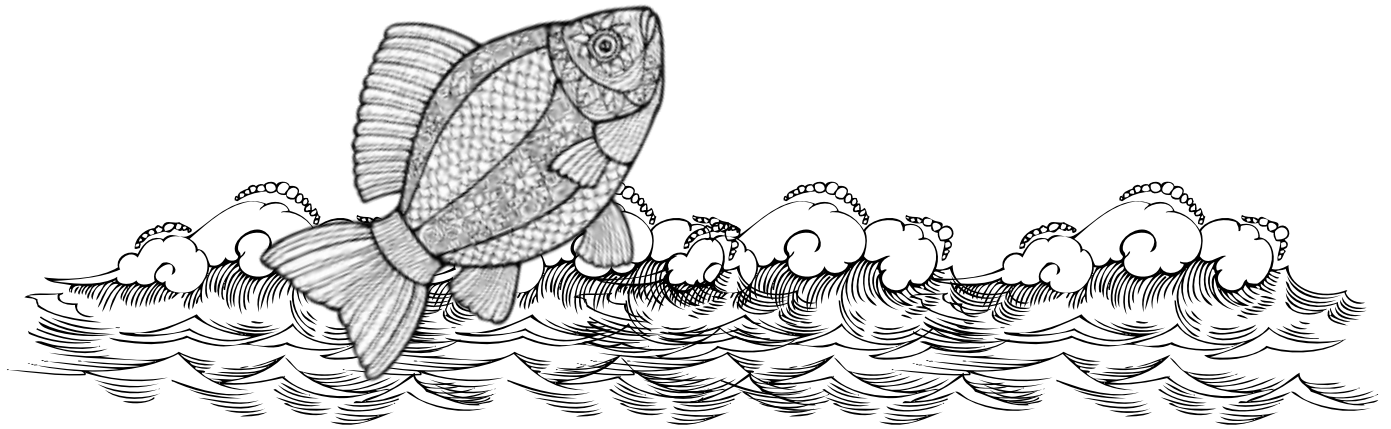
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The aquatic world

There's no doubt that we feel more relaxed when we see the sea. The ocean has an incredibly positive effect on our body and our mind. When we swim in the water, feel the sea breeze and the sunlight on our skin, and listen to the waves, our brains are able to rest, allowing us to feel calmer and more connected to our surroundings. All the different shapes and colors that we see by the ocean carry these soothing, rejuvenating properties.

Through the pages of this coloring-book, you will be taking a plunge into the beautifully mysterious world that lies underwater. While your brain becomes focused on what colors to choose, you will start to feel more serene and enter a meditative state of mind.

By focusing solely on one thing at a time, we steer clear of stress-causing thoughts and our anxiety levels drop. We are present in the moment, achieving mindfulness.

The colors of the ocean evoke a vast sense of calmness. All blue hues are essentially soothing. While strong blues stimulate clear thought, soft blues support relaxation and boost concentration. Blue is the color of clear communication and as such, it has the potential to make us feel at ease.

Of course, you can use any color that you like: play with your creativity and let your inspiration fly. Remember that the result does not matter as much as having fun and finding peace in the process!

