



# *Mindful Colouring Book*

Unwind your mind:  
Mindfulness Practice with  
Colouring



# *What is mindful colouring?*

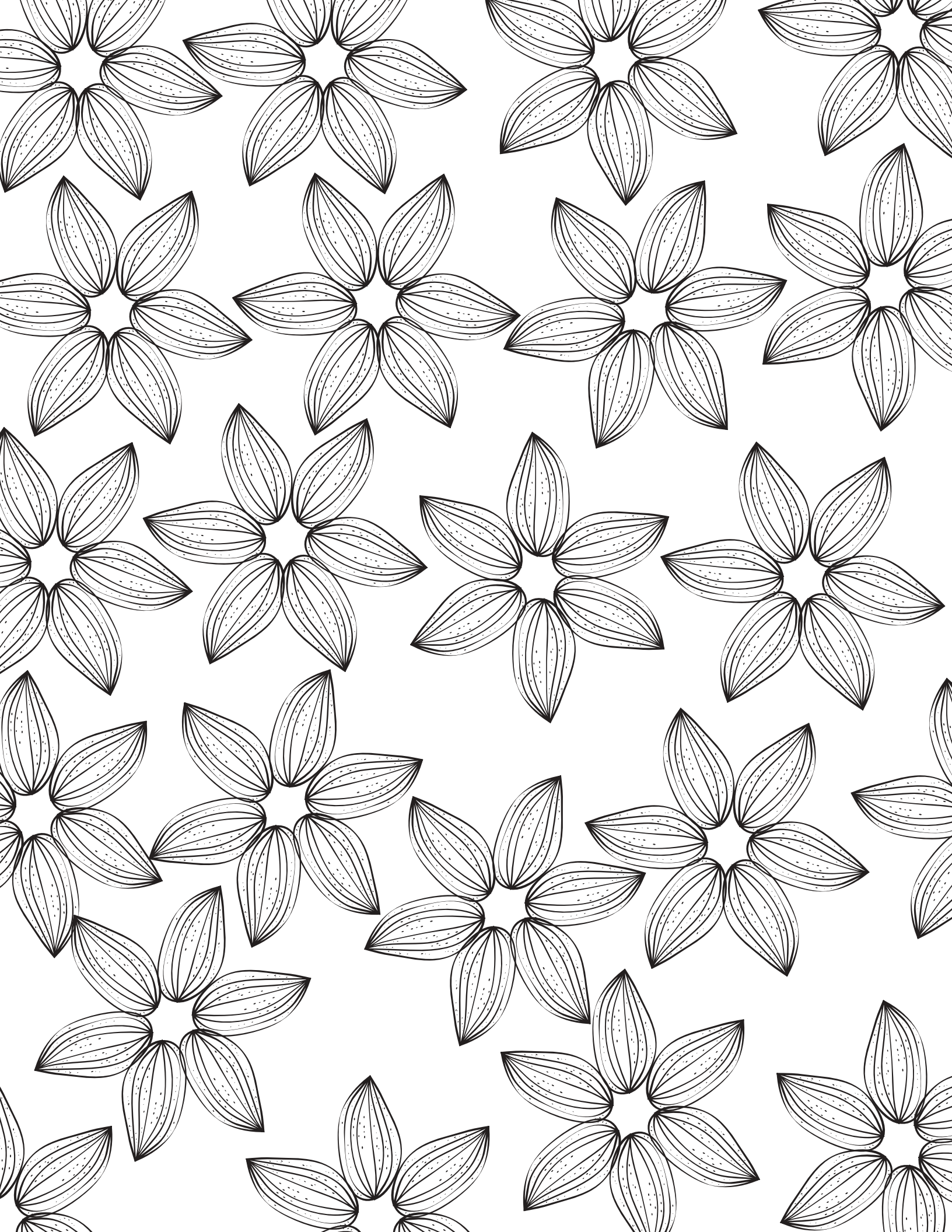
Colouring can be a mindfulness exercise, if done with the intention of practicing mindfulness. Mindfulness involves bringing your attention to what's happening in the present moment, being aware of the experiences around you and within. While you are noticing the experiences try to remain neutral and not judge them or react to them; just be aware of the moment. Mindful colouring is designed to provide an opportunity to spend time in a focused mindful state, undertaking a creative activity.

Try this next time you want to practice mindfulness while colouring:

- Set aside 5-15 minutes to practice mindful colouring.
- Find a time and space you can focus without interruptions.
- Have all the colouring supplies you need ready to use.
- Choose a design and start colouring.
- While you colour, start paying attention to your breathing, to the design, your colour choices, and the process of your colouring.
- Try to reflect on what is happening inside and around you. Remain aware of the different thoughts, sensations, feelings, and images that may come up by naming them, but not getting caught up in the story. Let them come and go in their own time.
- Try to be present in the moment, responding to what you notice without judgment.

# Cultivating a Mindful Stance

- Non-Judging: Being an impartial witness of your own experience requires that you become aware of judgement and reactions to our inner and outer experiences. Observe and step back from what you notice.
- Patience: Accept the fact that sometimes things must unfold in their own time.
- Beginner's Mind: Approaching situations as though you are encountering them for the first time, without a sense of "knowing" the outcome. This involves being receptive to new possibilities and realizing you don't need to know all of the answers.
- Trust: Trusting yourself and taking responsibility for your actions. Honour your feelings and intuition.
- Non-Striving: Not forcing certain results to happen and letting things happen in their own time.
- Acceptance: Accepting things as they are in the moment without denying or trying to change things.
- Letting Go: Being willing to let go of the things, people or ideas that prevent you from living in the moment.



# Create goals for your mindful colouring practice

Some examples are:

How often would you like to practice?

How long would you like to practice each session?

What mindfulness colouring skill do you want to practice in a session (e.g. noticing internal or external experiences, practicing steady breath, deepening awareness of design or colour, etc.)?





# Mindfulness Sensory Exercise

Notice the following around you:

5 things you can see

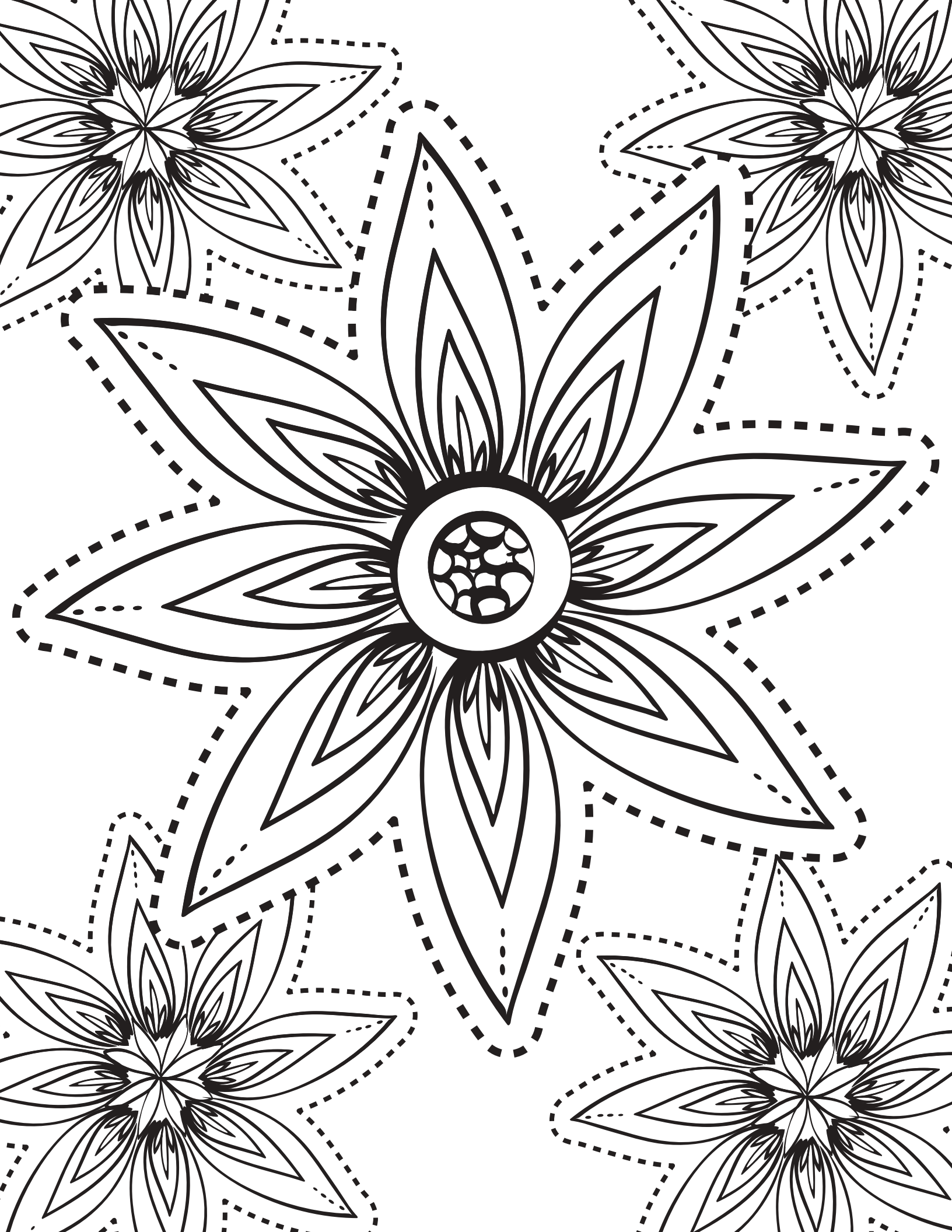
4 things you can feel

3 things you can hear

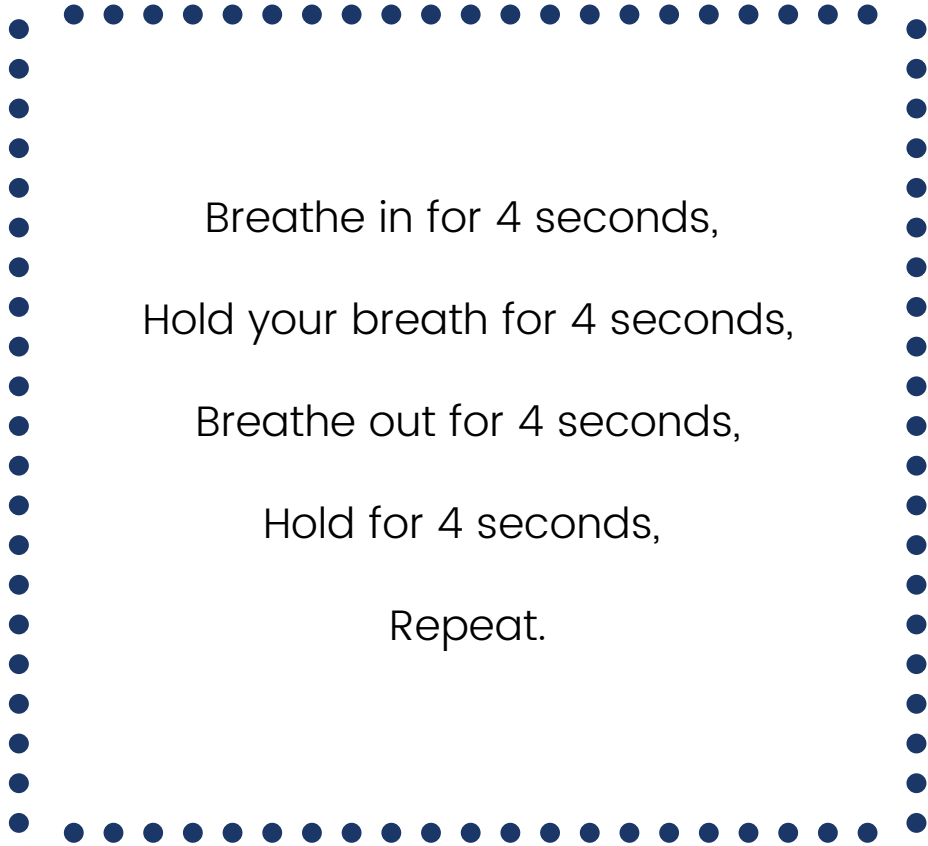
2 things you can smell

1 thing you can taste





# Box Breathing Exercise



Breathe in for 4 seconds,

Hold your breath for 4 seconds,

Breathe out for 4 seconds,

Hold for 4 seconds,

Repeat.



List 5 things you are grateful for  
today and why:



# 4-7-8 Breathing Exercise

Lay or sit with one hand on your belly and another on your chest.

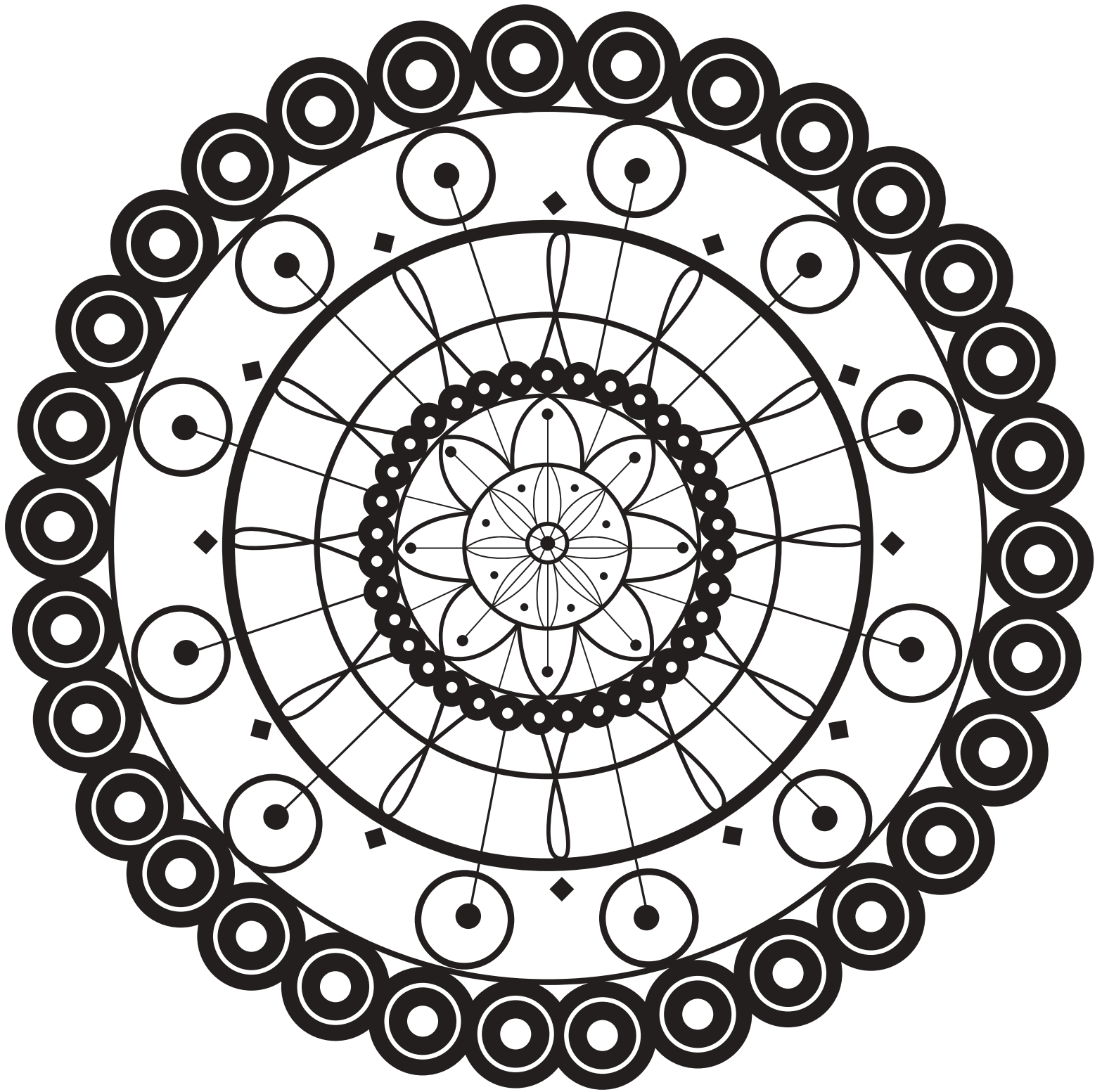
Take a slow breath in from your belly, counting to 4.

Hold your breath in while counting to 7.

Release your breath completely and slowly, silently counting to 8.

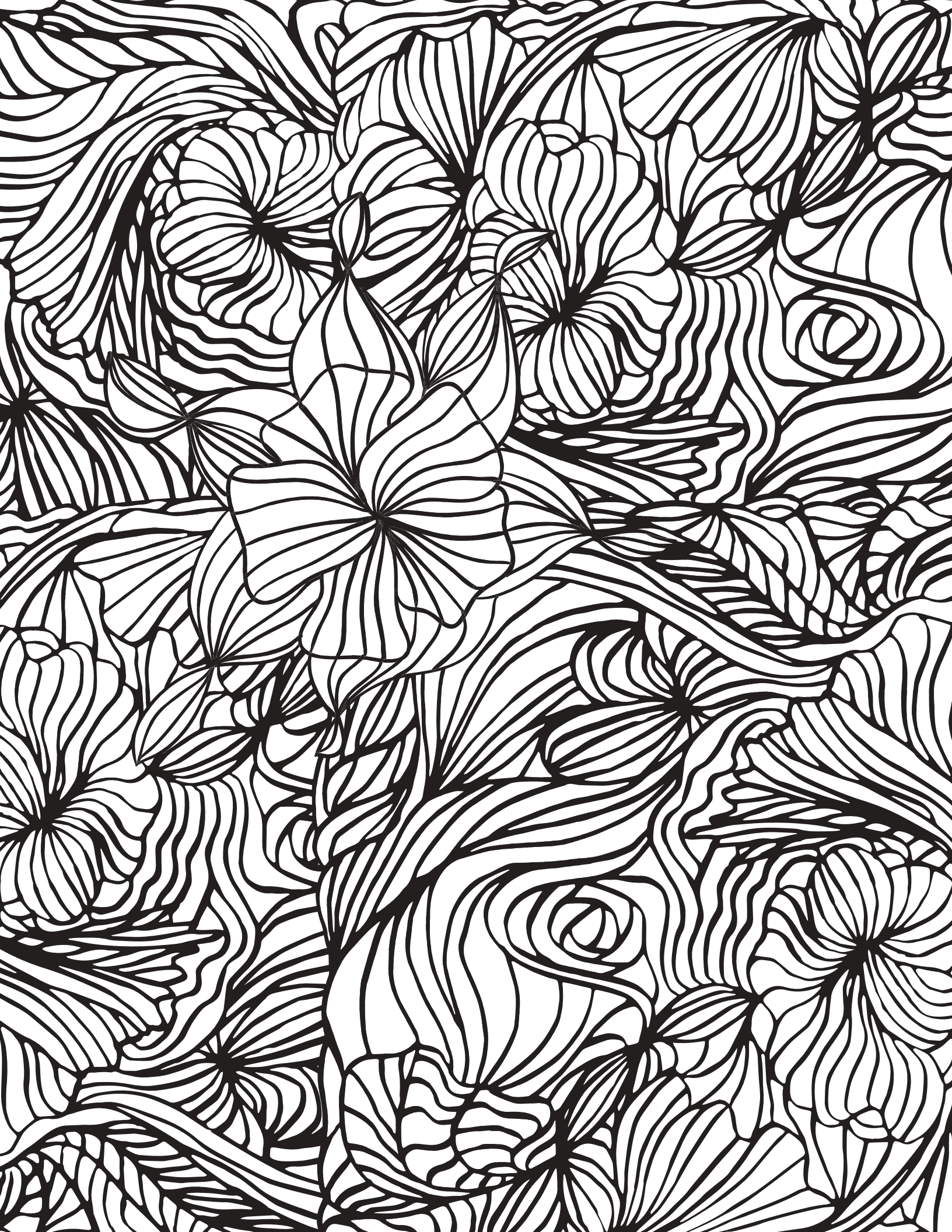
Repeat.

As you breathe, mindfully notice the hand on your belly moving outwards as your breath expands your lungs. If your hand on your chest is rising and falling, you may be breathing shallowly and need to re-adjust your breathing to get the full relaxation effect of this exercise.





What brings you the most joy in  
life and why?



# Progressive Muscle Relaxation Exercise

Sit or lay down somewhere comfortable.

Starting with your feet, tense your muscles slowly while taking a deep breath in through your nose.

Hold both your muscles and breathe for 5 seconds, and then breathe out slowly through your mouth while releasing the muscle tension in your feet.

Now repeat, but with different muscle groups as you gradually work your way up to your head. Take time to tense and relax the muscles in your calves, thighs, stomach, hands, arms, shoulders, neck and face, or any combination of these that feels soothing to you.

Please note: we recommend that you listen to your body and stop if the exercise feels painful. You should avoid tensing muscles that are associated with a long-standing health concern, as you can hurt yourself or aggravate a pre-existing issue if you are not careful.

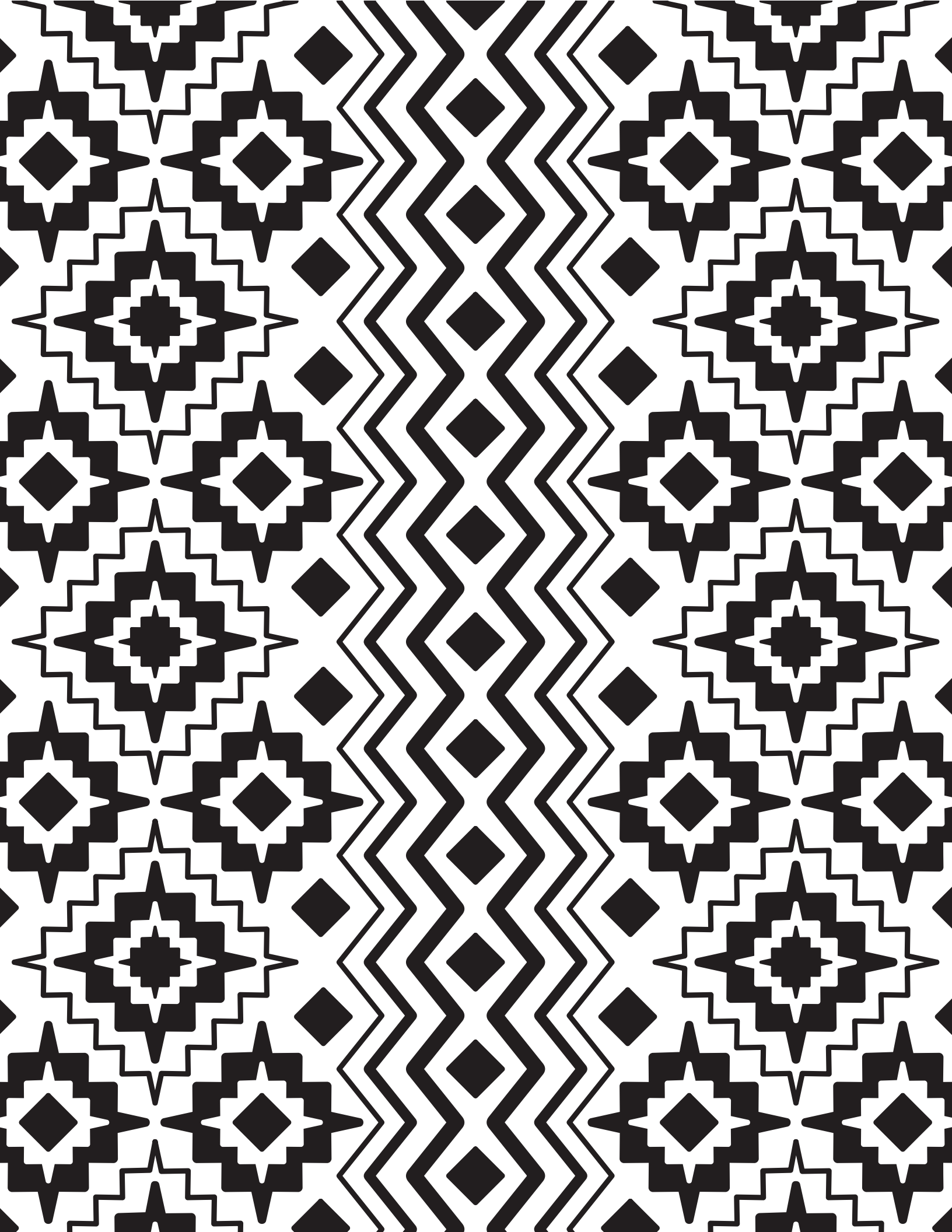


What Self-Care activities have  
you done today?



Describe one challenge you  
have overcome, and the  
strengths you used to achieve  
this:





# Mindfulness Exercise Ideas:

Take a walk outside. Notice the way the air smells. Is it warm or cold out? Can you hear birds?

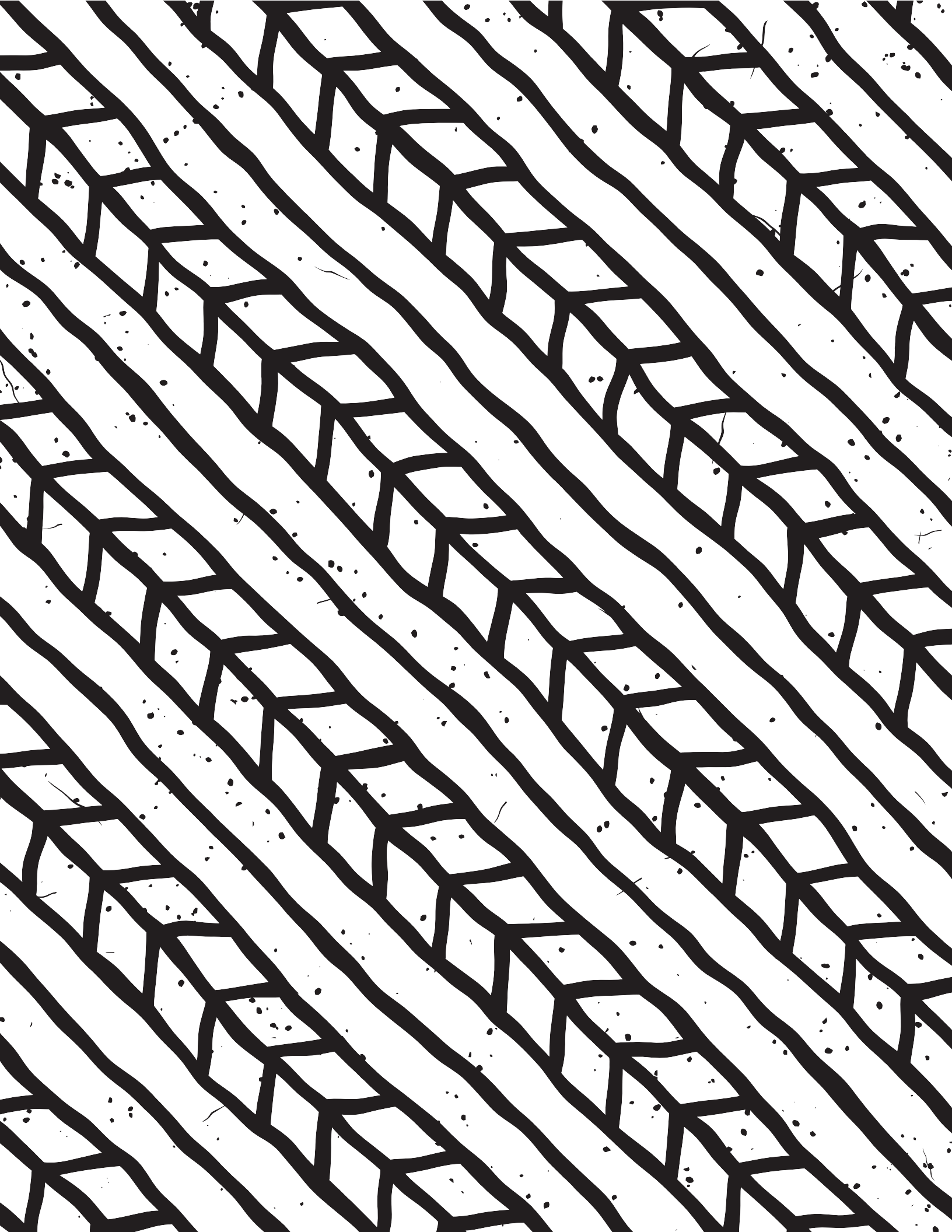
While doing chores, focus on the task at hand. The smell of laundry, the warmth of the items from the dryer, the colours of the items.

Take some time each morning to sit alone and think about the day before.

Prepare an enjoyable snack. Eat slowly, taking time to notice the presentation of your snack, the colours, the smells, the textures, the tastes and how your snack makes you feel.



Think about what you have  
gained from practicing mindful  
colouring.



# Mindfulness Exercise

Find a quiet spot where you can sit or lay down comfortably.

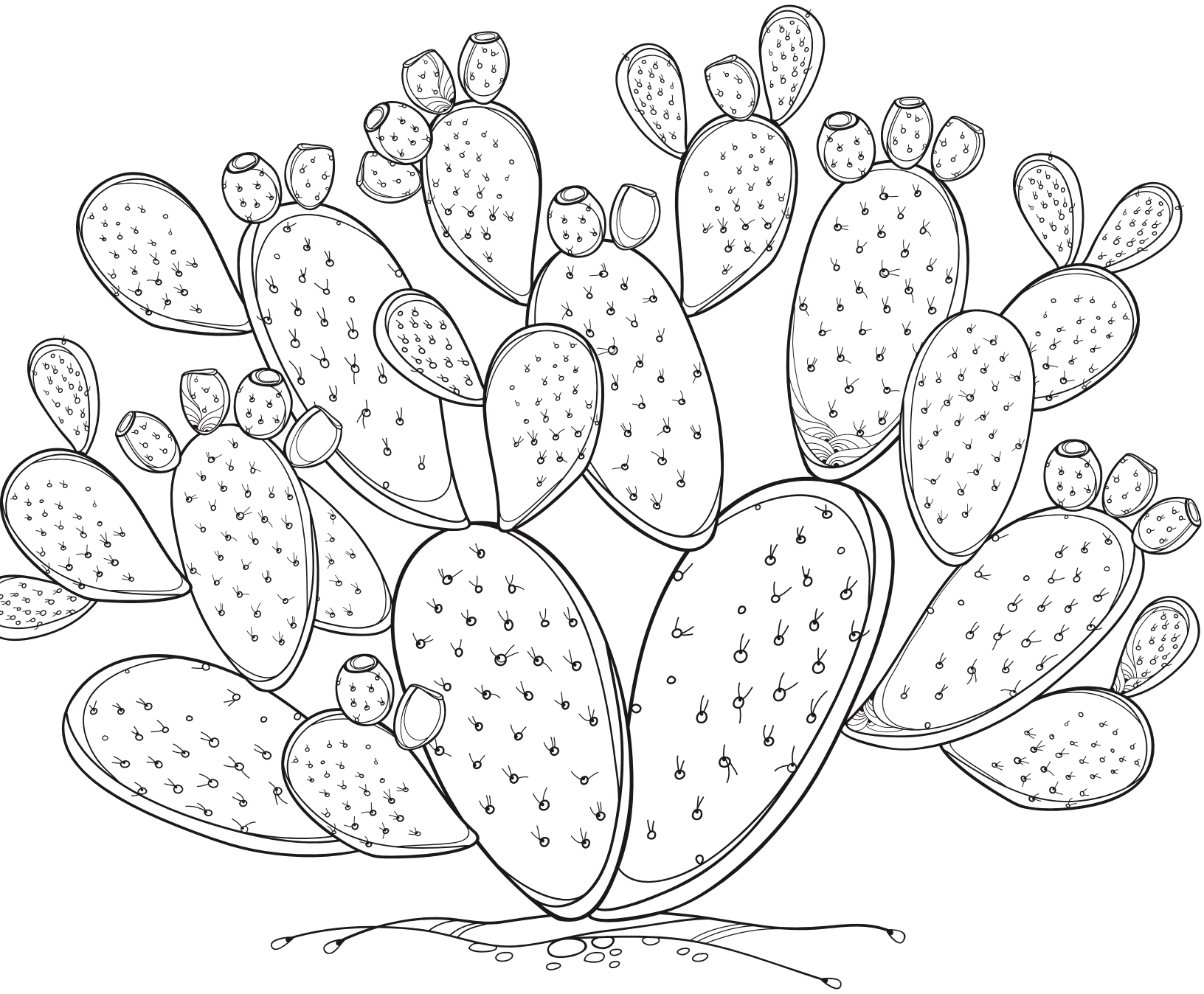
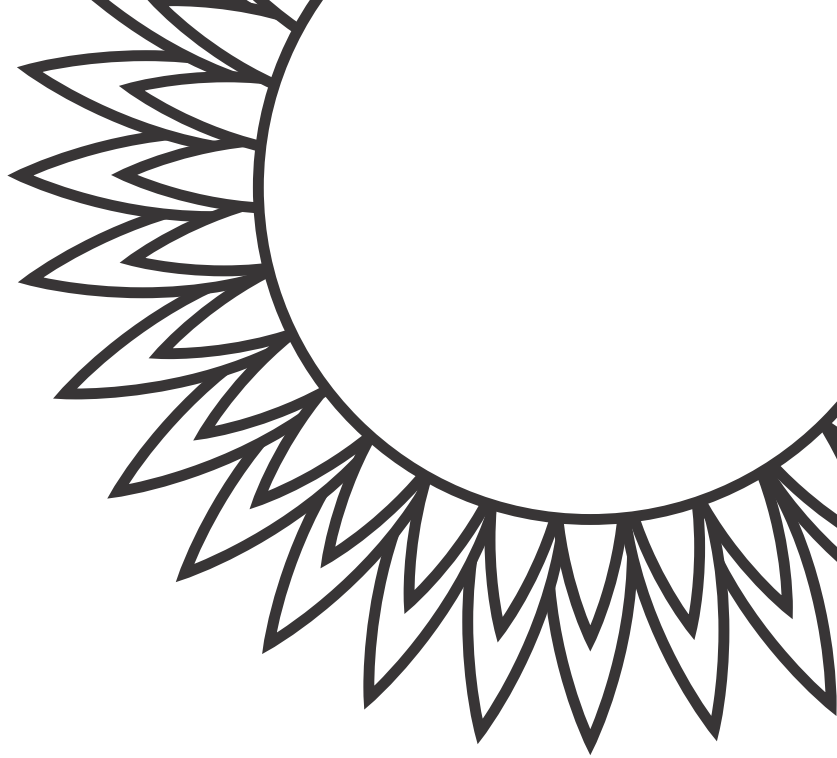
Set a timer for 2 minutes (gradually increase the timer as you become more comfortable with the exercise).

Bring your attention to your breath. Notice the length of your breath; as you become more relaxed you may notice your breath lengthening.

Start to pay attention to sensations in your body, but try not to react. Just be aware of the sensation. Maybe you feel an itch, but try not to scratch it. Just notice it's there.

Continue to observe until the timer goes off. Bring your focus back to the world around you. Notice how you feel after this exercise.

Let the Sun Shine





List 3 things that make you  
unique:



List 3 things you are proud  
of and why:



# Guided Imagery Exercise

- Find a comfortable place to sit or lie down.
- Close your eyes. Start by just taking a few deep breaths to help you relax.
- Picture a setting that is calm and peaceful. This could be a beach, a mountain setting, a meadow or a scene that you choose.
- Imagine your scene, and try to add some detail. For example, is there a breeze? How does it feel? What do you smell? What does the sky look like? Is it clear, or are there clouds?
- It often helps to add a path to your scene. For example, as you enter the meadow, imagine a path leading you through the meadow to the trees on the other side. As you follow the path further into the meadow you feel more and more relaxed.
- When you are deep into your scene and are feeling relaxed, take a few minutes to breathe slowly and feel the calm.
- Think of a simple word or sound that you can use in the future to help you return to this place.
- Then, when you are ready, slowly take yourself out of the scene and back to the present. Tell yourself that you will feel relaxed and refreshed and will bring your sense of calm with you.
- Count to 3, and open your eyes. Notice how you feel right now.

# Resources

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For additional mindfulness exercises visit the sources below:

**Anxiety Canada: How to do progressive muscle relaxation**

<https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/>

**Anxiety Canada: Mental vacations**

<https://www.anxietycanada.com/articles/mental-vacations/>

**Greater Good In Action**

<https://ggia.berkeley.edu/#filters=mindfulness>

**Headspace: A guided 10-minute meditation for calm and relaxation (free)**

<https://www.headspace.com/meditation/10-minute-meditation>

**Inner Health Studio**

<https://www.innerhealthstudio.com/>

**Mindful**

<https://www.mindful.org/>

# References

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# Wellness and Psychological Services

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780-497-5063 | [WPS@macewan.ca](mailto:WPS@macewan.ca)

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Our multidisciplinary team includes psychologists, social workers and a health promotion nurse. We offer free, on-campus, confidential mental health support and assistance to any student currently enrolled in one or more credit-based courses through MacEwan University.

## How do new students access WPS?

All new students, or students that have not utilized our services in the past 6 months, must first access WPS through an Initial Consultation (IC).

ICs are available on a drop-in on a first-come, first-serve basis Monday - Friday (except Wednesday mornings):

**9 - 11 a.m. and 1 - 3 p.m.**

