

Activities for Hosla Bot- Anxiety

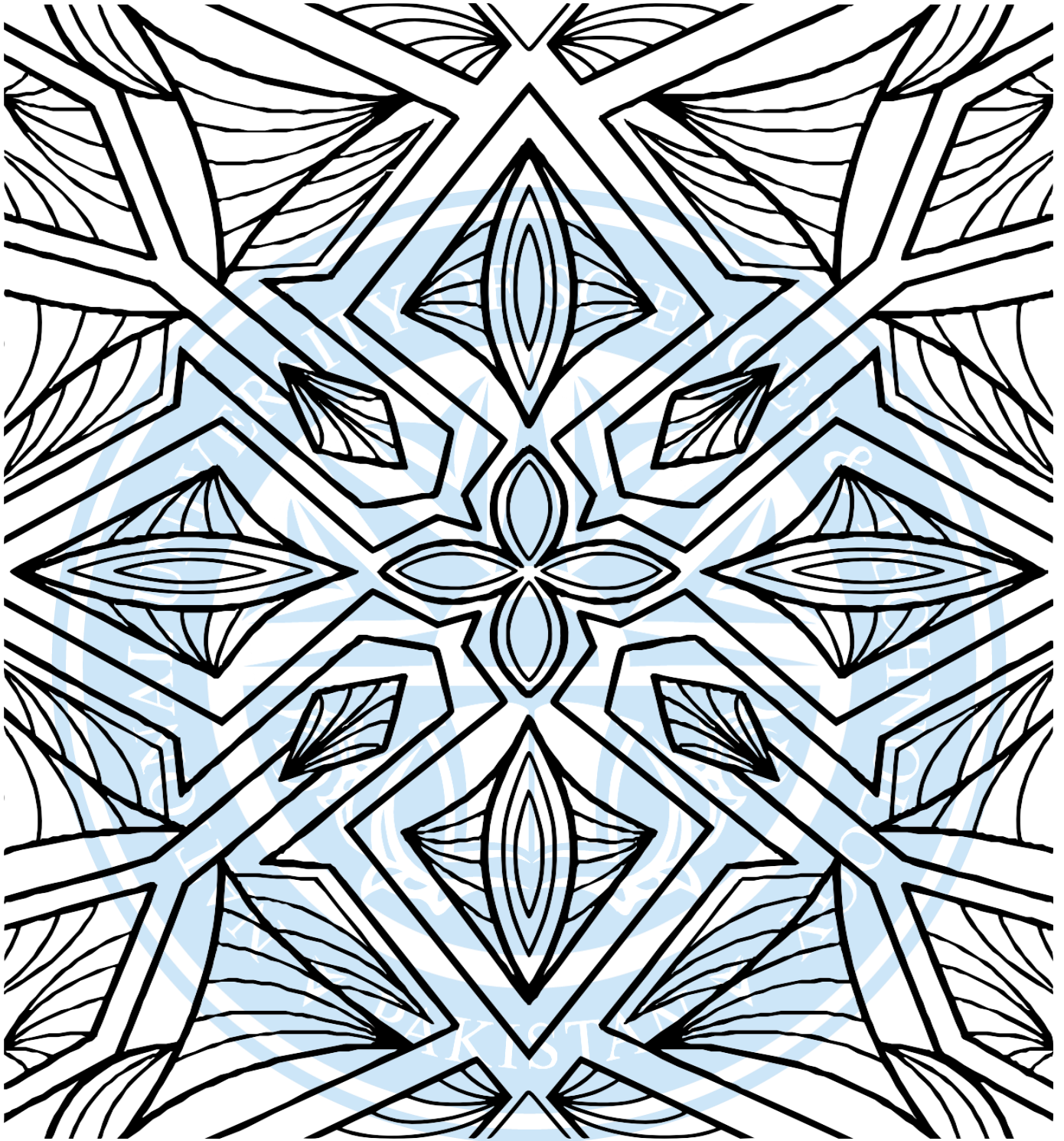
Activity 3: Mandala Coloring

Mandalas are intricate, circular designs that serve as universal symbols for growth and mindfulness. Coloring these symmetrical patterns can create a calming, meditation-like experience that clears your mind and releases negative emotions. Studies show that coloring mandalas can significantly reduce anxiety symptoms by focusing attention and promoting a peaceful mental state (Curry & Kasser, 2005).

So, grab your favorite colors and dive into this soothing activity. Things You Need:

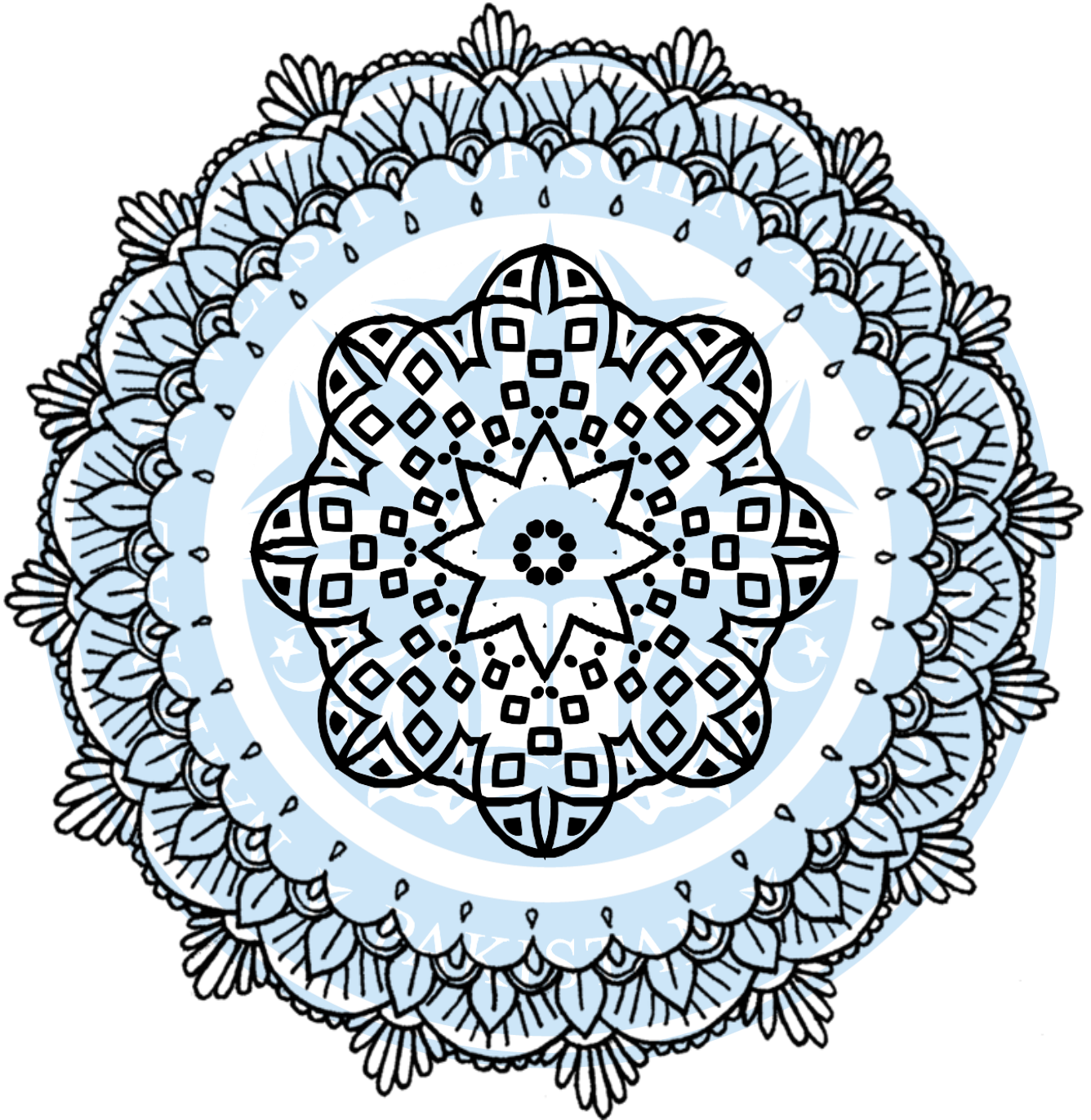
- Downloaded and Printed mandala
- Crayons/Markers/colored pens or pencils

TIP: A method to reconnect with your inner child's creative freedom while coloring ~ Close your eyes and select five colors. Set them aside, then choose one color blindly and color with it. Repeat this process, blindly selecting from the five colors for each subsequent section of the mandala (Simpson, 2017)



KEEP GOING YOU' RE GETTING THERE!

INHALE Peace



EXHALE Worry