

Coloring calms the brain + helps the body relax.

Journaling + Coloring Reduces Stress and Unleashes Creativity

Clinical psychologists say that bringing pen to paper helps alleviate anxiety + stress, increase IQ + memory + heal trauma.

Coloring has been found to activate the areas of the brain related to creativity + logic. It calms the brain and helps the body relax by focusing awareness on the present moment. Moreover, it can increase the production of dopamine, a neurotransmitter associated with feelings of pleasure + reward. This can improve sleep, and enhance mood while decreasing fatigue, body aches, heart rate, respiration, and feelings of depression and anxiety.

Let's combine the healing ARTvocacy of coloring + journaling to tend to our neurology with soul to amplify peace + play, unhurriedly.

Beyond an individual act, I encourage cultivating solidarity with others in your rhythmic journaling + coloring journey. We give TO ourselves personally + collectively as much as we give OF ourselves.

This is our audacious, personal + collective oxygen mask of sacred self-nurture, sistahs. **Getcha color + journal on!**

Shalom,
Pastor Angie

Contemplate + Scribble My Response:

a sample gift from
the Melanated
Mix n Match
Color + Journal
Notecard Set



**Keepin' my vision steady
and my plans fluid.**

As you color, ponder Proverbs 29:18, then journal your response
"Where there is no vision, the people perish..."

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