Colour It! Challenge

CHALLENGE DESCRIPTION:

Welcome to the **Colour It! Challenge**, a fun and relaxing way to boost your creativity and unwind. Over the next five days, you'll dedicate just **30 minutes a day** to colouring. Whether you're a fan of intricate designs or simple doodles, this challenge is your time to let go of stress and immerse yourself in a calming, colourful world.

Why is Colouring Good for Your Mental Health?

Colouring offers a wide range of mental health and wellness benefits, making it a simple yet powerful tool for relaxation and creativity. Engaging in colouring helps **reduce stress and anxiety** by inducing a meditative state, as focusing on repetitive patterns or intricate designs allows the mind to relax and stay in the present moment. This activity also promotes mindfulness, similar to meditation, by fostering a sense of calm and concentration. Additionally, colouring stimulates creativity by encouraging exploration of colors and patterns, enhancing problem-solving and creative thinking skills. It's a screen-free way to unwind, improve focus, and disconnect from daily stressors, making it a therapeutic practice for people of all ages. Whether it's filling in vibrant mandalas or designing your own masterpiece, colouring offers a fun and accessible way to nurture mental well-being.

THE CHALLENGE

1. **Choose Your Tools:** Pick a colouring book from a local bookstore, draw your own shapes, or print some of the designs below. Grab your favourite colouring supplies—pencils, markers, crayons, or paints. If you do not have any, colouring supplies can be purchased from your local discount store, big box store, or even pharmacy!
2. **Set a Timer:** Dedicate 30 minutes daily for 5 days to colour.
3. **Enjoy the Process:** Focus on the act of colouring itself, not the final result. There's no right or wrong way—focus on relaxation.

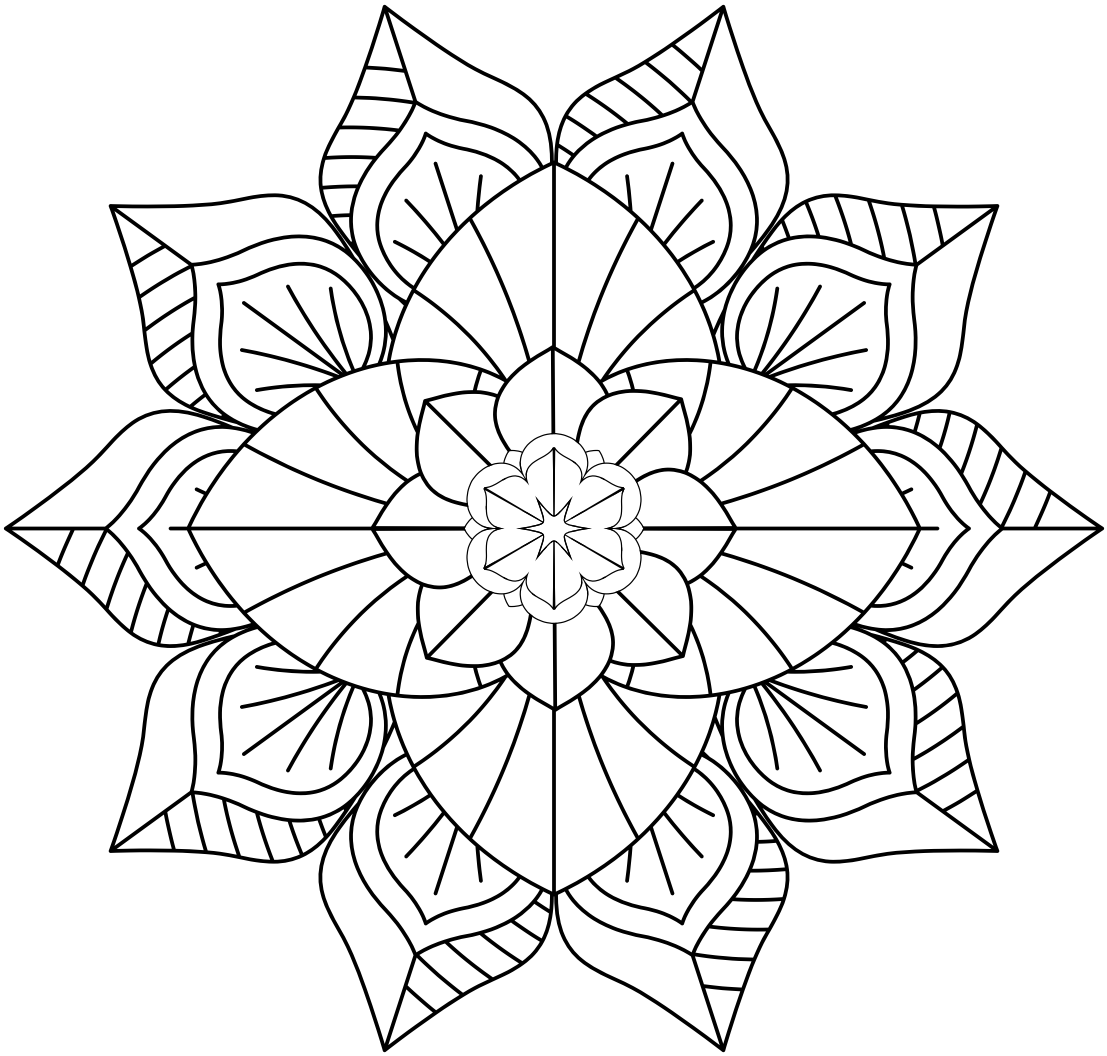
Tips for Success

- **Create a Cozy Space:** Colour in a quiet, comfortable spot with good lighting and your favourite background music.
- **Share Your Progress:** Snap a photo of your colouring each day and share it with friends or on social media for extra motivation.
- **Use What You Have:** No need to splurge—basic supplies work just as well.

COLOUR IT!

DAY 1: NATURE'S PALETTE

Colour an image inspired by nature—trees, flowers, landscapes, or animals. Imagine being outside as you bring the scene to life.



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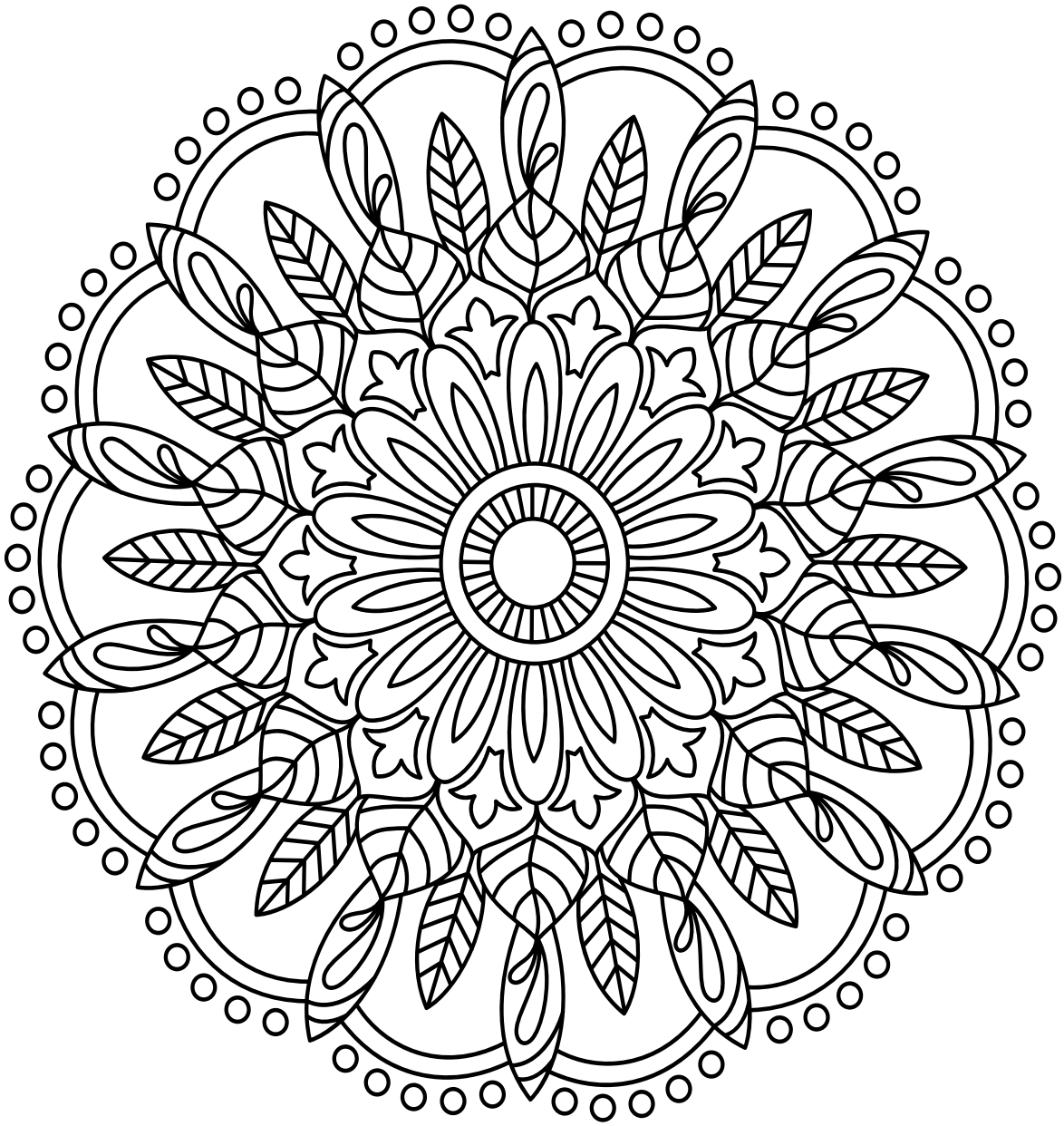
DAY 2: MANDALA MAGIC

Colour a mandala or geometric pattern. The repetitive designs are known for their calming and meditative effects.



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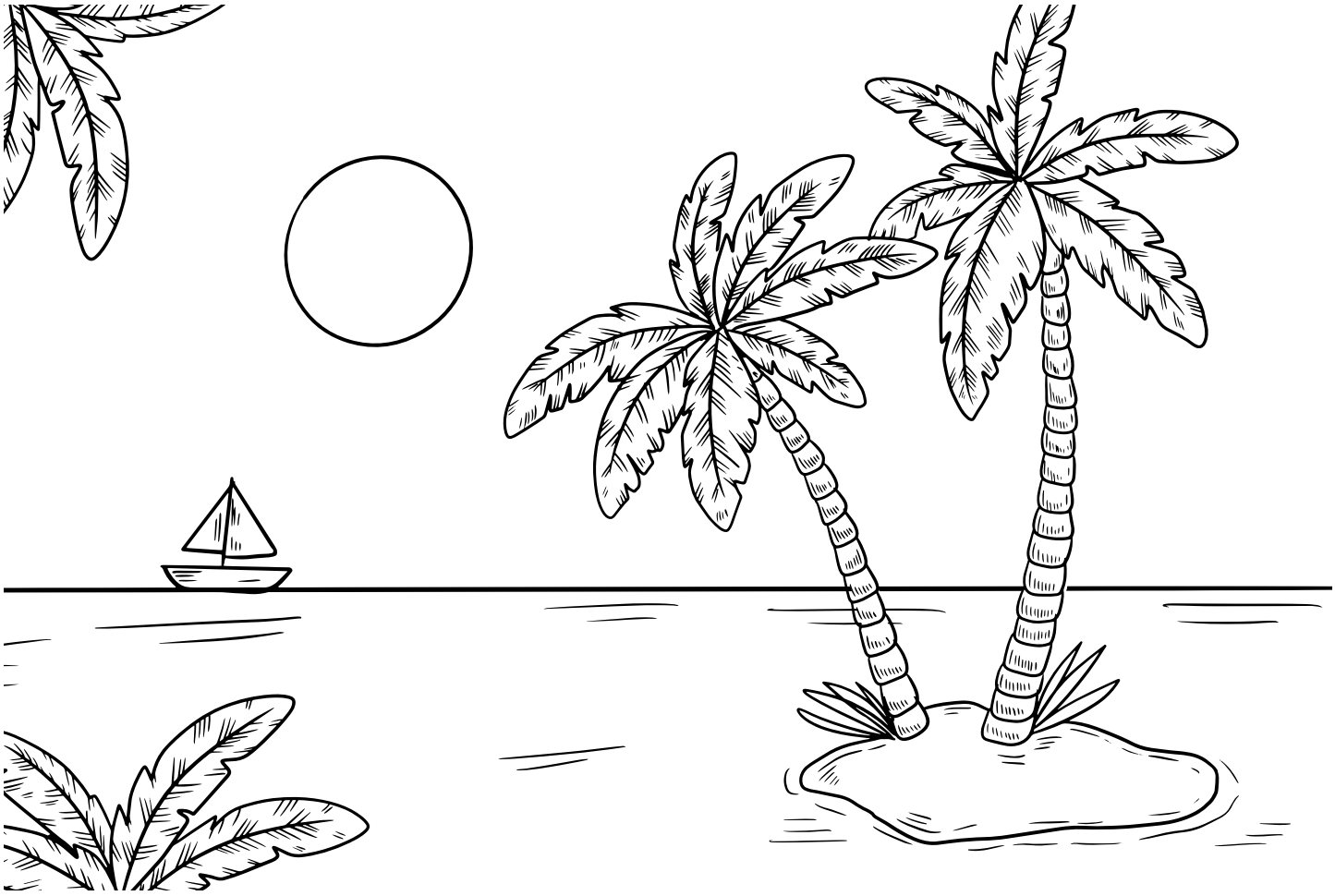
DAY 3: DREAM DESTINATIONS

Choose a design that reminds you of a place you'd love to visit—a beach, a cityscape, or a mountain retreat.



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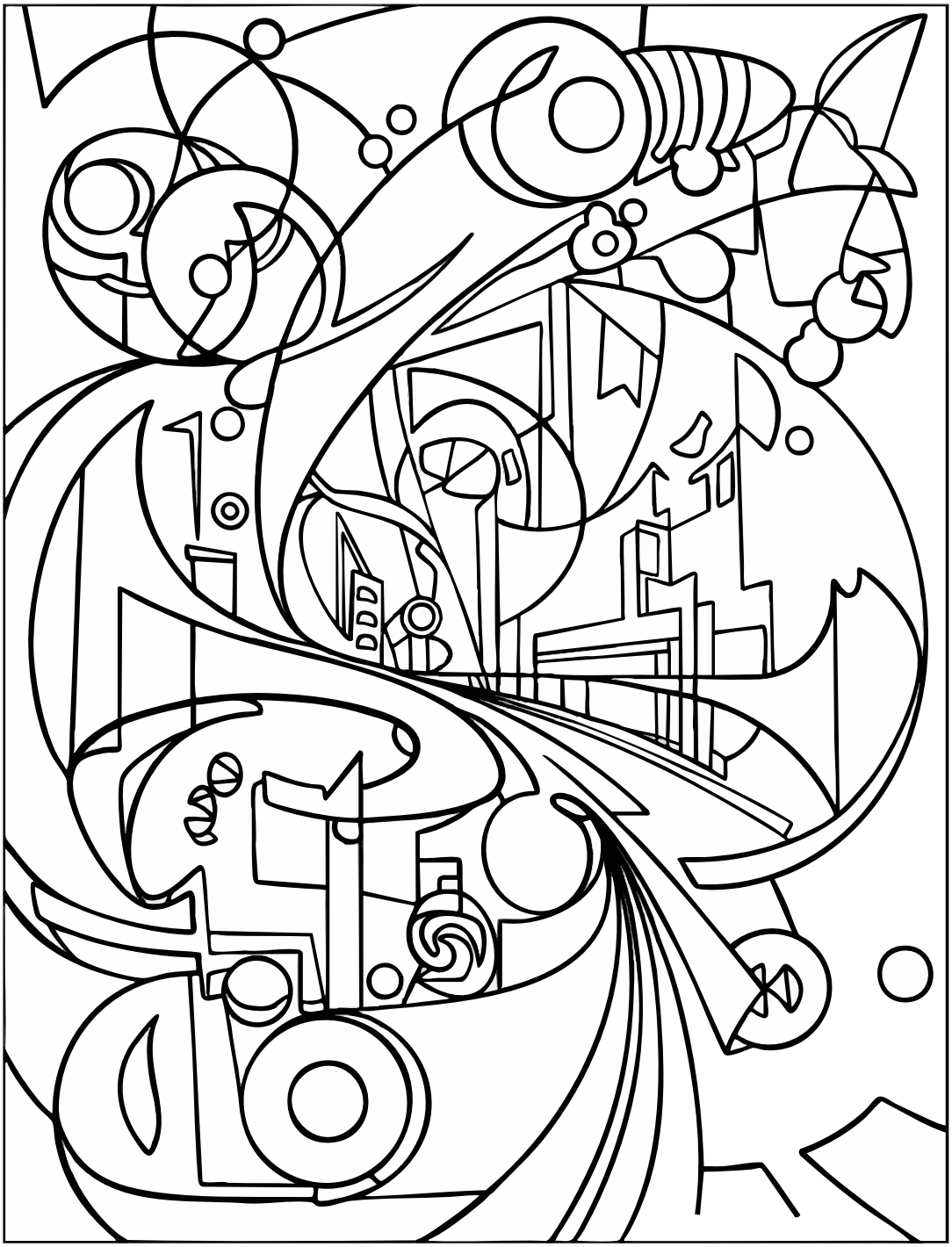
DAY 4: ABSTRACT ADVENTURES

Let your creativity flow by colouring an abstract design. Play with bold colours, gradients, or unexpected combinations.



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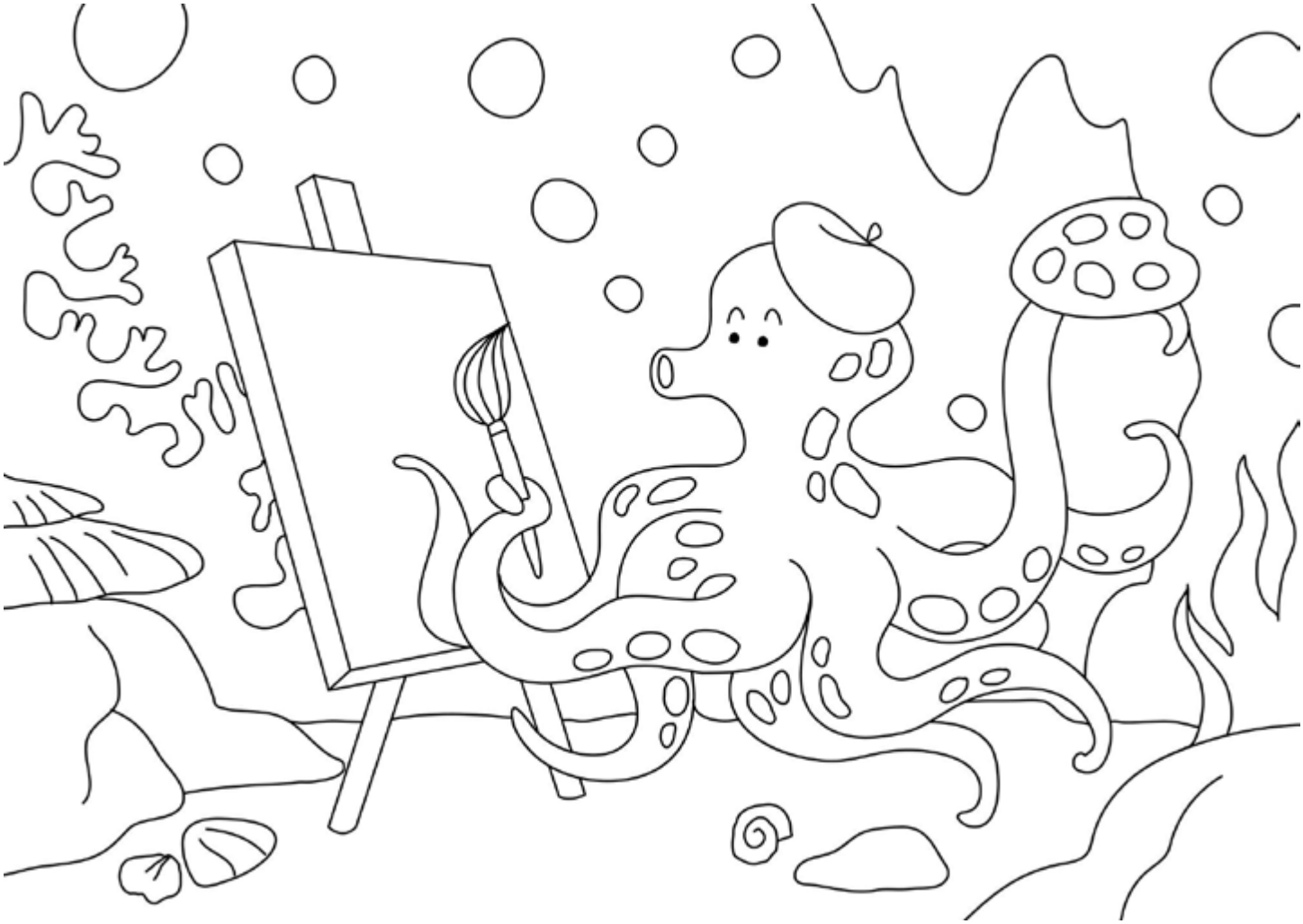
DAY 5: YOUR HAPPY PLACE

Pick an image that sparks joy or nostalgia—a favorite hobby, childhood memory, or something that makes you smile.



CHALLENGE COMPLETE!

At the end of the 5 days, take a moment to reflect on your experience. Did you feel more relaxed or creative? Have you discovered a new hobby? This challenge is a great way to incorporate mindfulness and creativity into your daily routine—and you've got some beautiful creations to show for it!

Teladoc HEALTH

Congratulations on completing the Colour It! Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.