

Mayo Clinic Minute

Benefits of Coloring

Video	Audio
	Coloring for adults. It is the latest rage. And there's talk that it may good for you because it helps you unwind.
Vivien Williams stand up	Not only does coloring help you relax, but it also helps you be mindful. You focus, so you stay in the moment.
Sheila Jowsey, M.D. Psychiatry Mayo Clinic	"One of the concepts that we're paying attention to nowadays that might be useful for many people is something called mindfulness-based stress reduction, which is a way of kind of turning off the chatter and the noise in the world a little bit and giving your brain a rest."
	Mayo Clinic psychiatrist Dr. Sheila Jowsey says being mindful of what you're doing gives you a break from the day's busy demands and distressing thoughts. Research shows stress can cause health problems such as body aches, fatigue, sleep problems, anxiety, even depression.
	So maybe, by staying in the moment while you color that red flower, you forget about your overbooked to-do list and other worries and relax — at least for a while.
	I'm Vivien Williams, and for more health news, visit the Mayo Clinic News Network.