

Anxiety Lowering

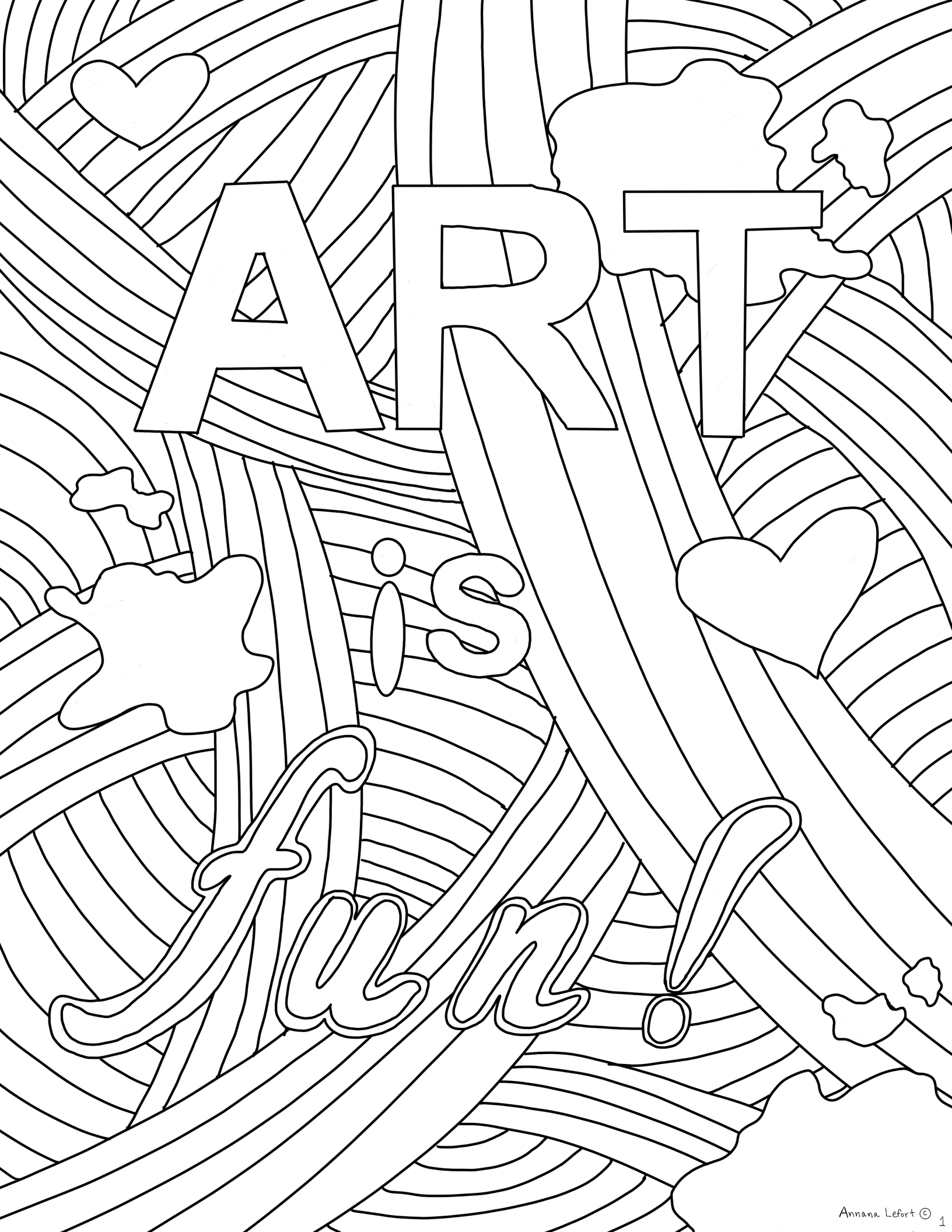
Coloring Book

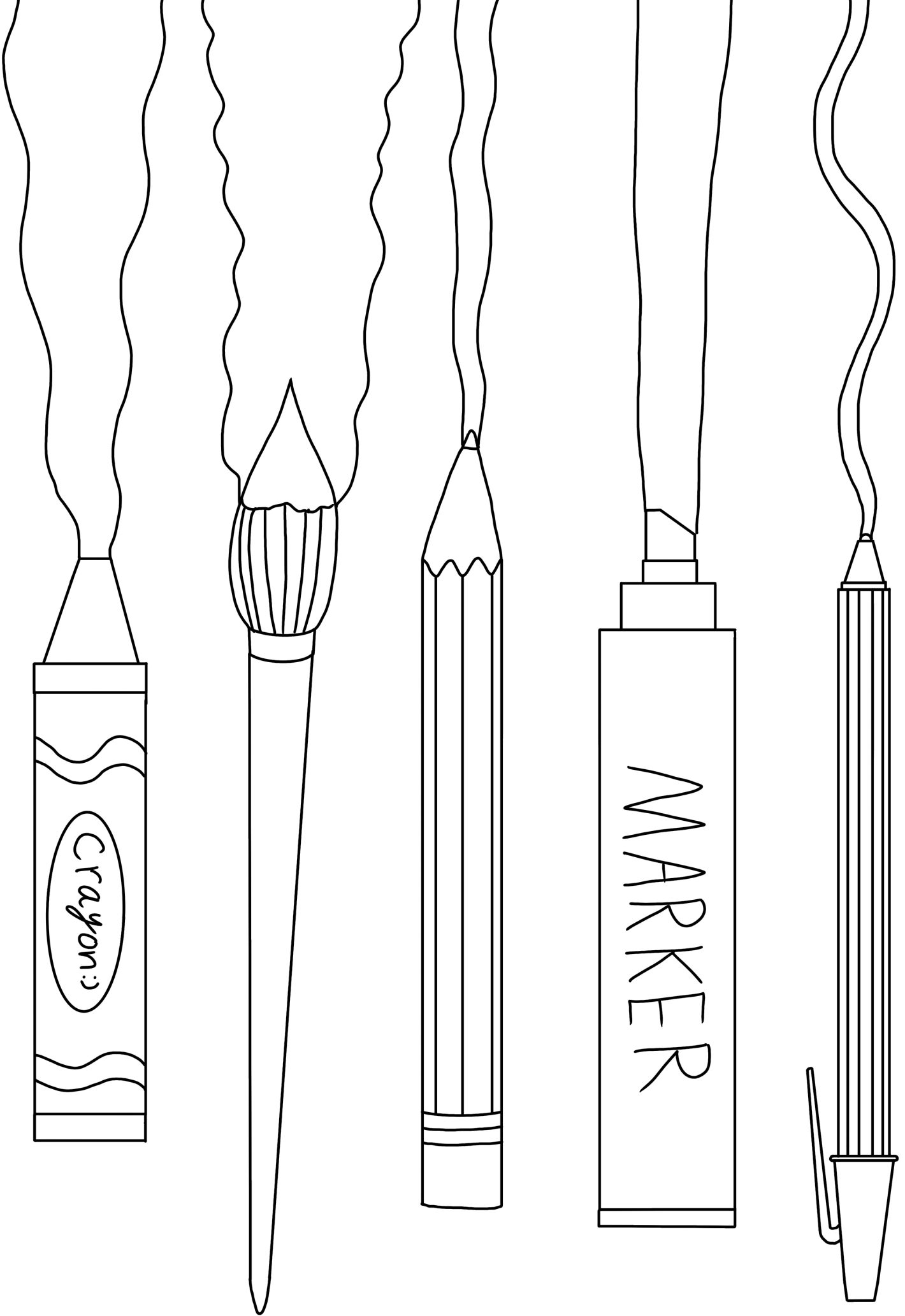


Anxiety Lowering Coloring Book

Hello! My name is Annana Lefort, a student at Otis College of Art and Design. For my Capstone Research paper, I wanted to write about the relationship between art and anxiety and how art can relieve it. I created this printable pdf coloring book as a start for people to use as a way to help relieve their anxiety. Can be completed all in one go, or in parts. I hope you follow along, learn more about your body, your anxiety, and art, and relive your anxiety in the pages to follow. Enjoy and happy creating!

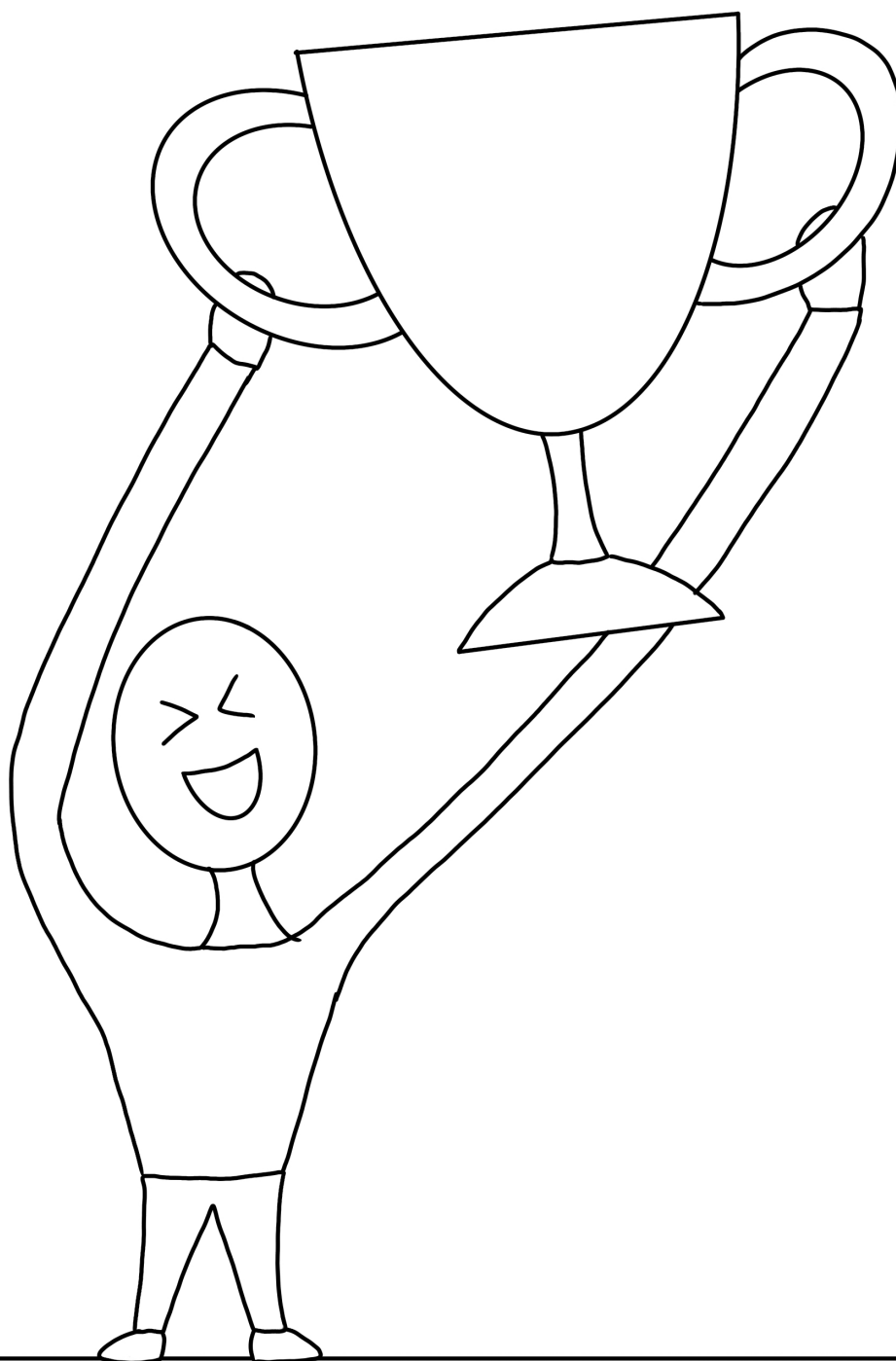
~all art drawn by Annana Lefort~



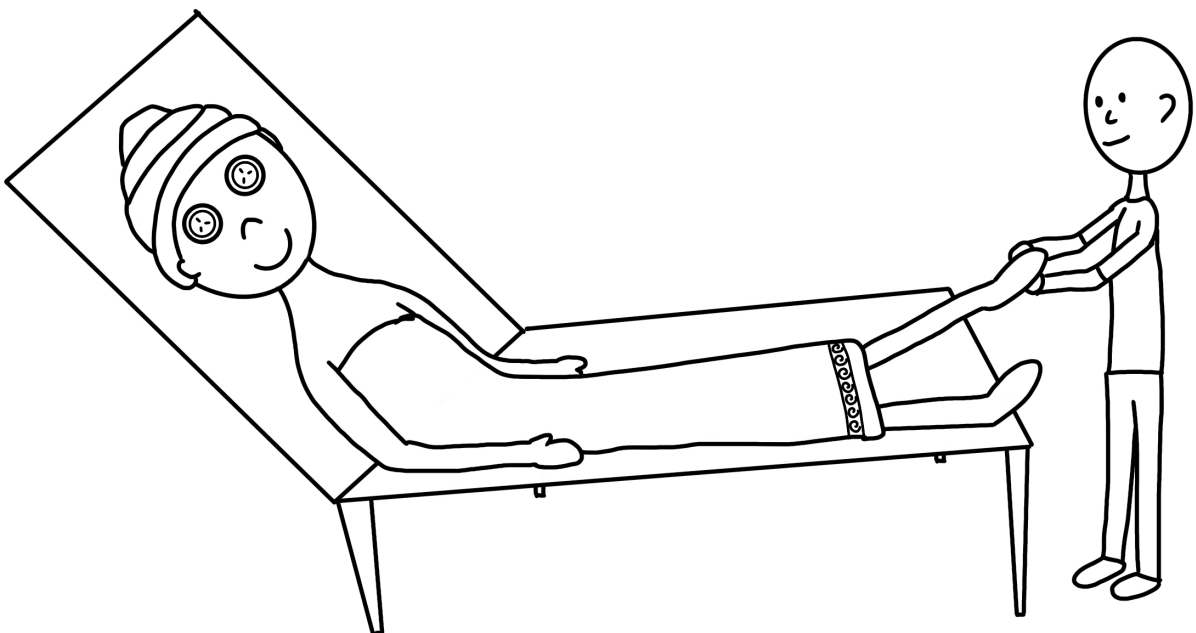




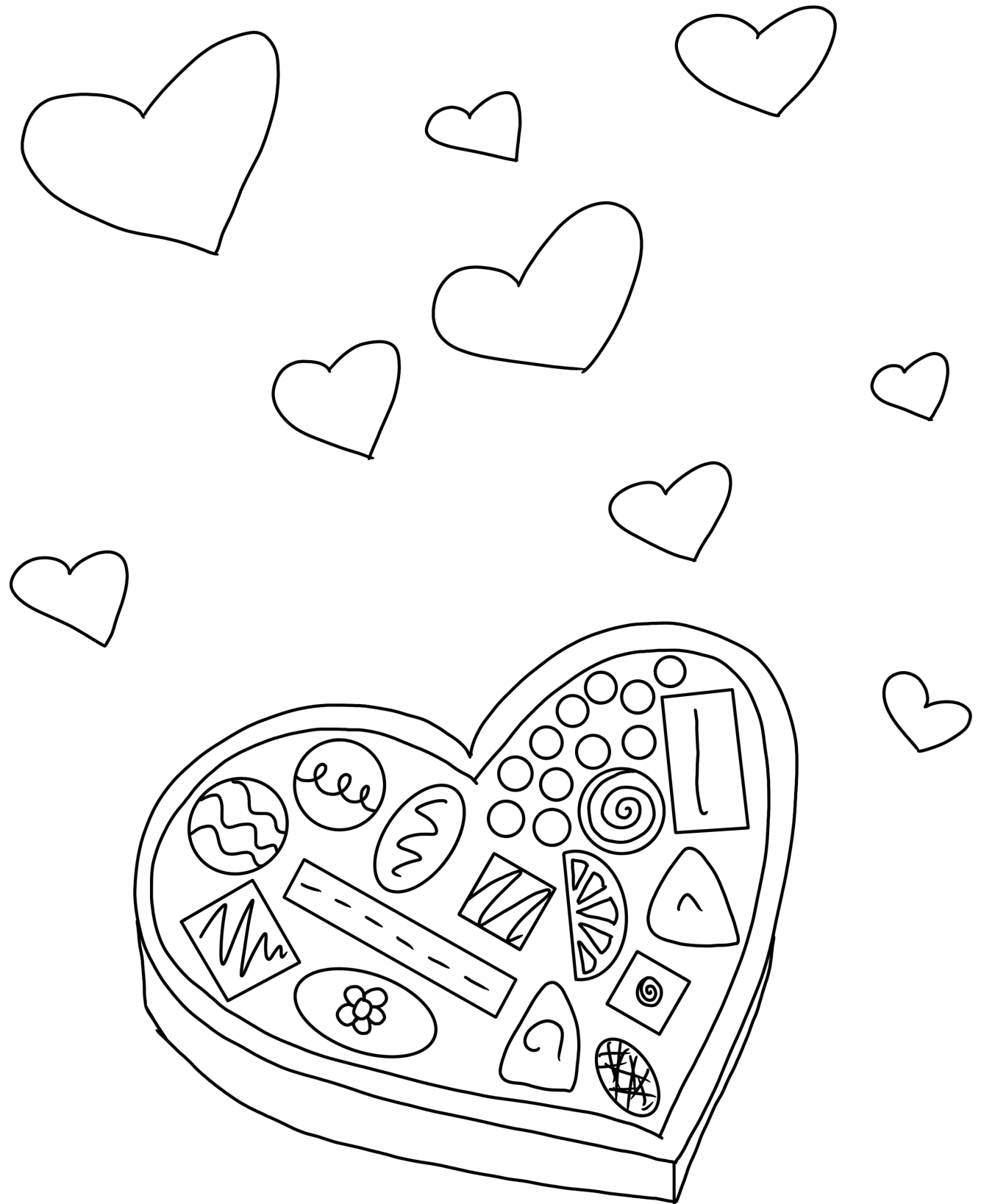
DOPAMINE!



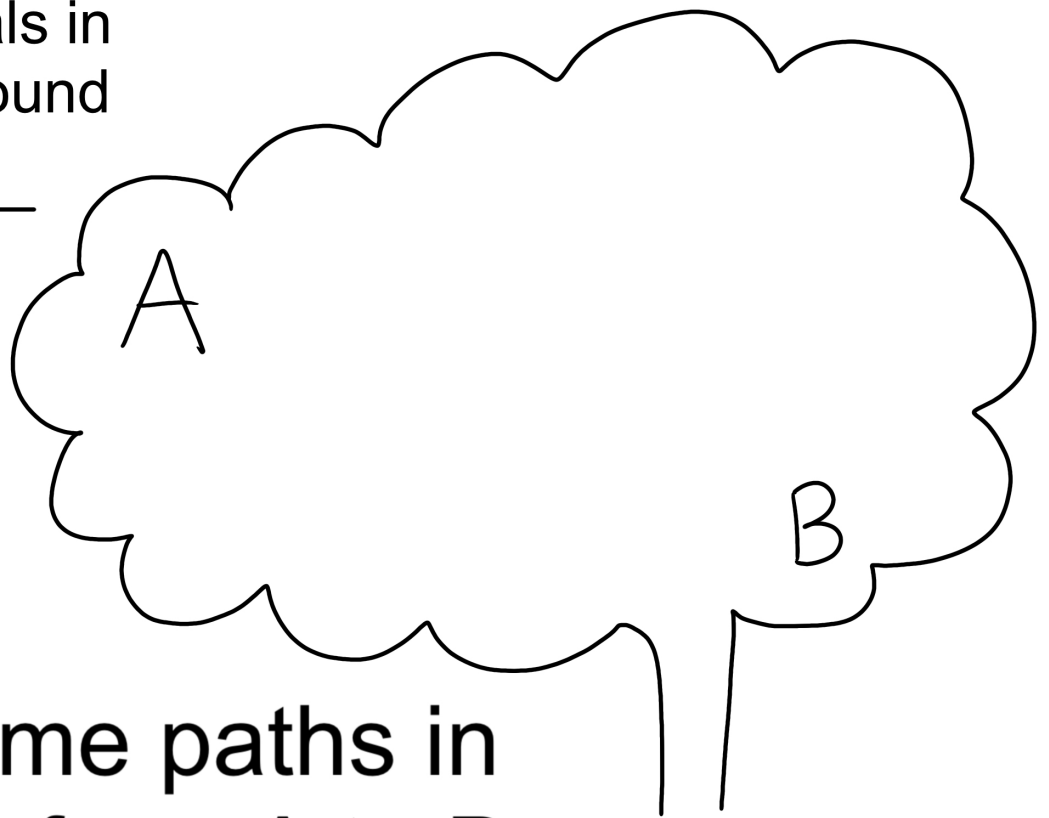
Serotonin



Oxytocin

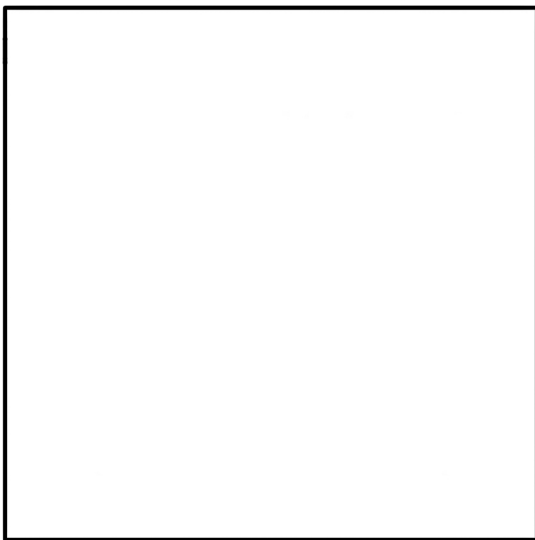


The neurochemicals in
the brain move around
on pathways

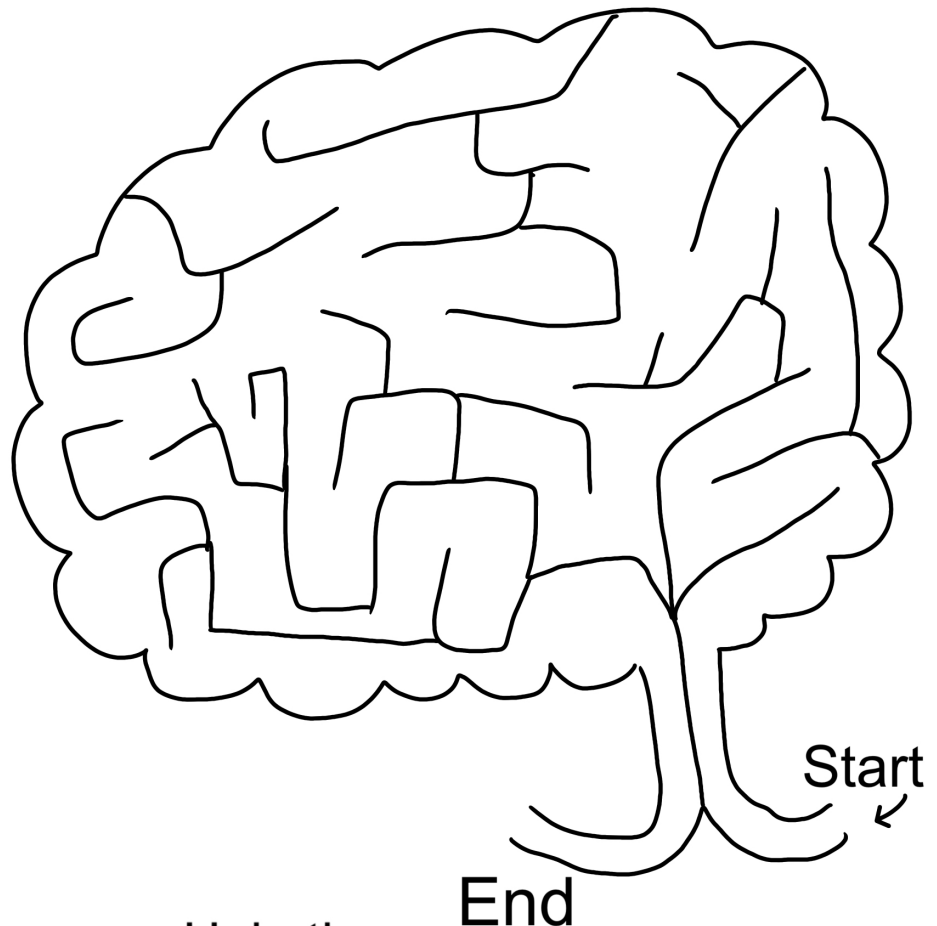


Draw some paths in
the brain from A to B

Design the path



What does it look like?



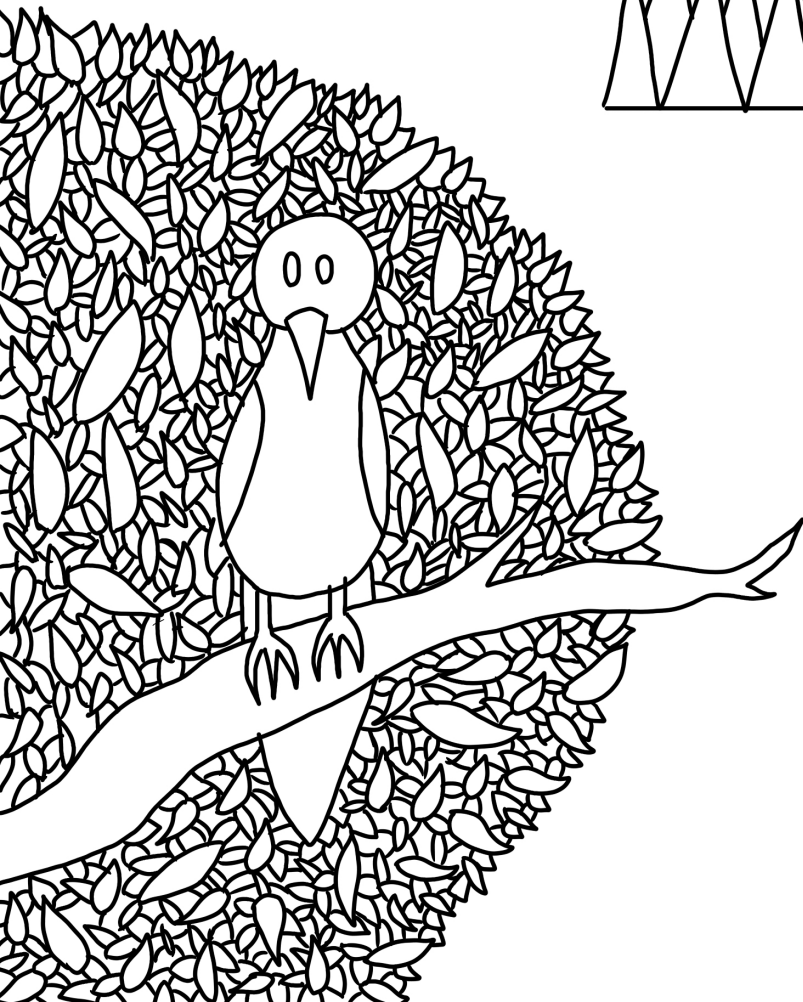
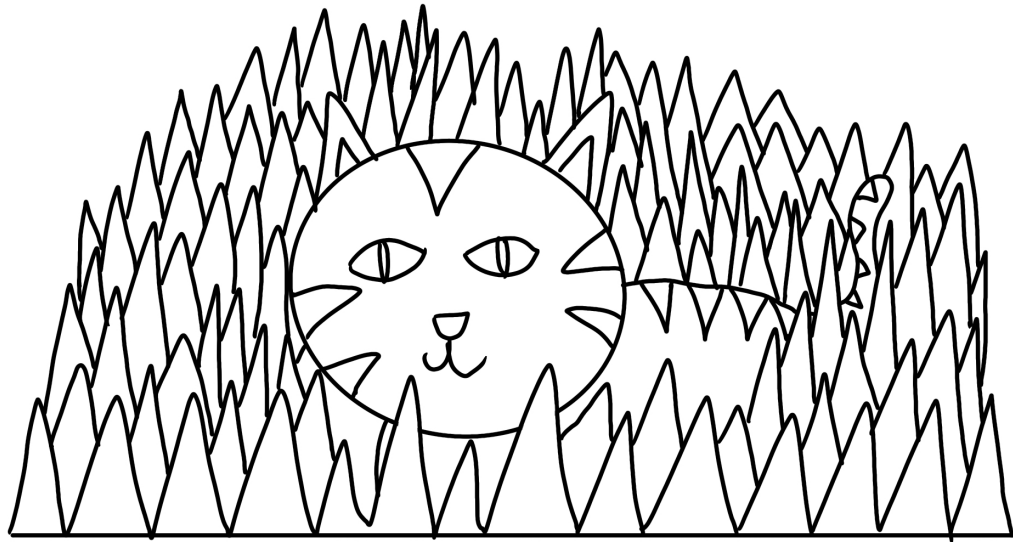
Help the
neurochemicals move
around the brain!

Flow State

Draw what you think
the flow state looks like
in your mind

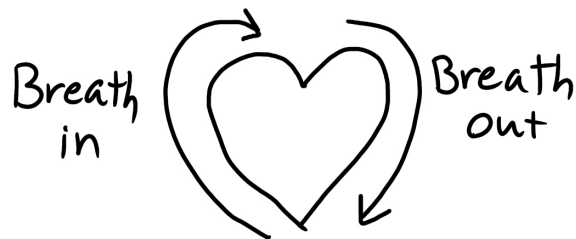
Decide if you want to draw a picture or doodle

How would you make the animals camouflage themselves?

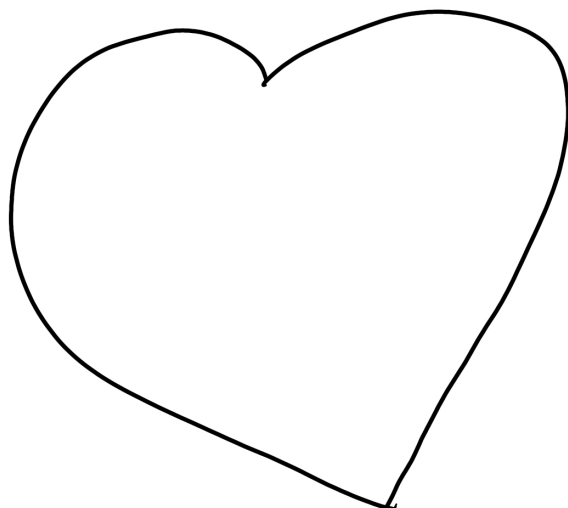


Reinvent what a tiger should look like

**Take deep calm breaths as
you doodle some hearts**



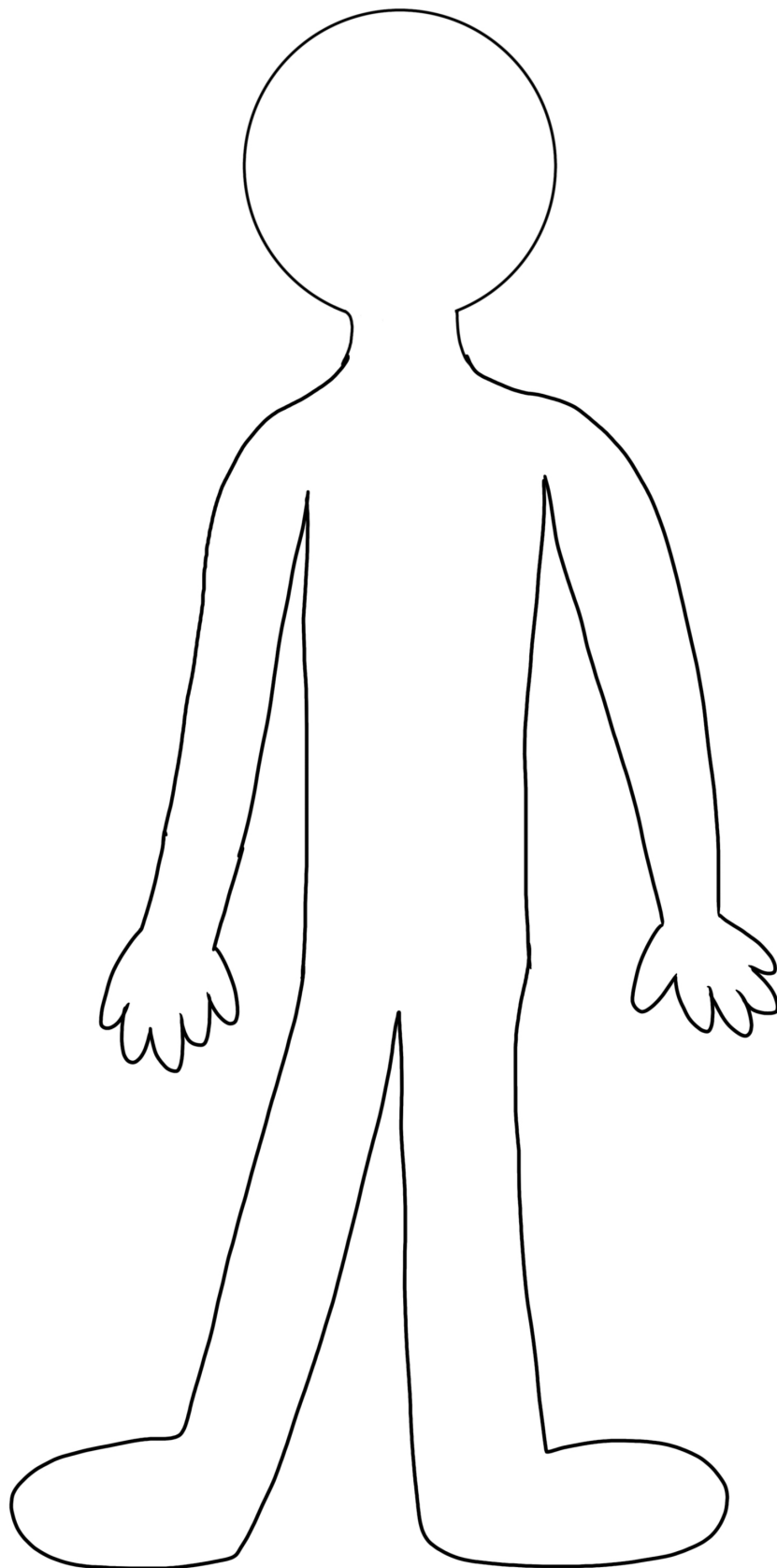
Your heart rate has lowered, so color the heart 25%



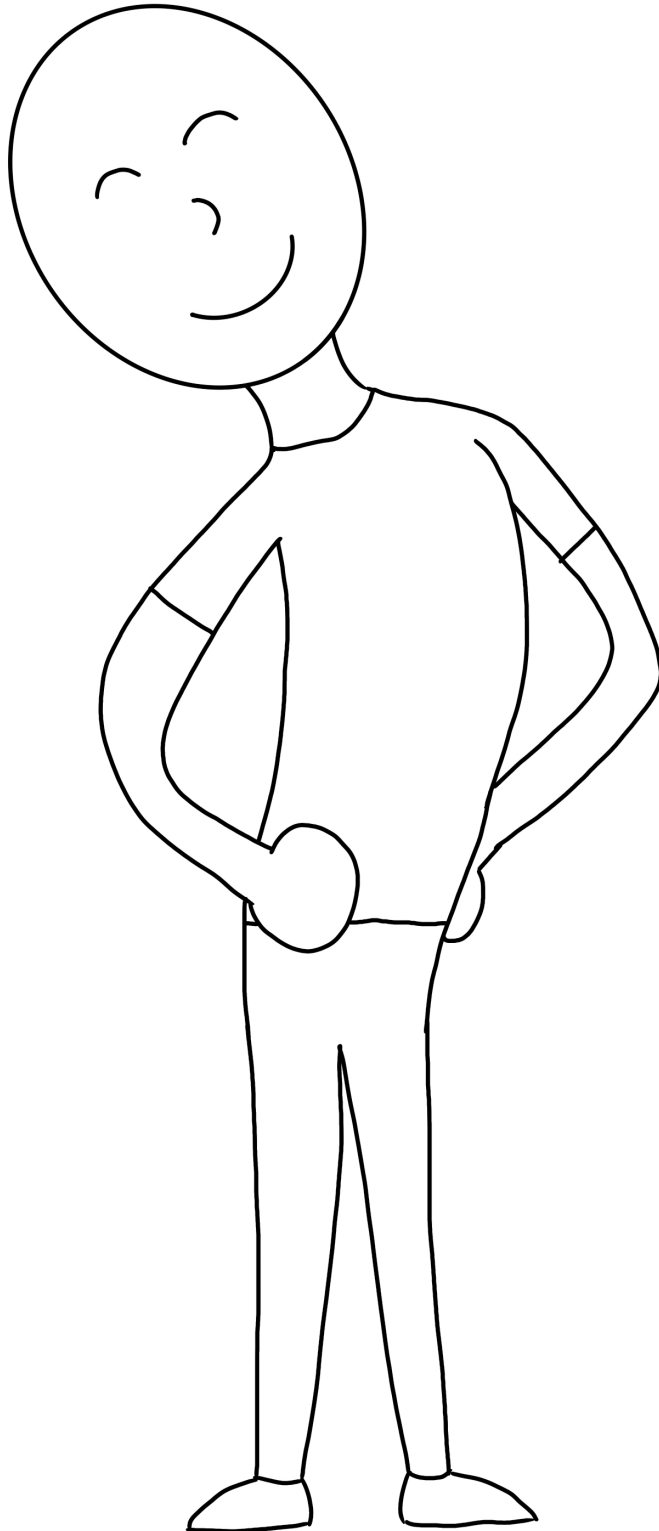
Doodle for 45 minutes

"after 45 minutes of art, your cortisol levels have significantly dropped letting you become less anxious. (Gharib, Malaka. "Feeling Artsy? Here's How Making Art Helps Your Brain." NPR, NPR, 11 Jan. 2020, www.npr.org/sections/health-shots/2020/01/11/795010044/feeling-artsy-heres-how-making-art-helps-your-brain.)

Color in 25% of this body to show how much your cortisol levels have dropped"



Doodle what makes the person proud

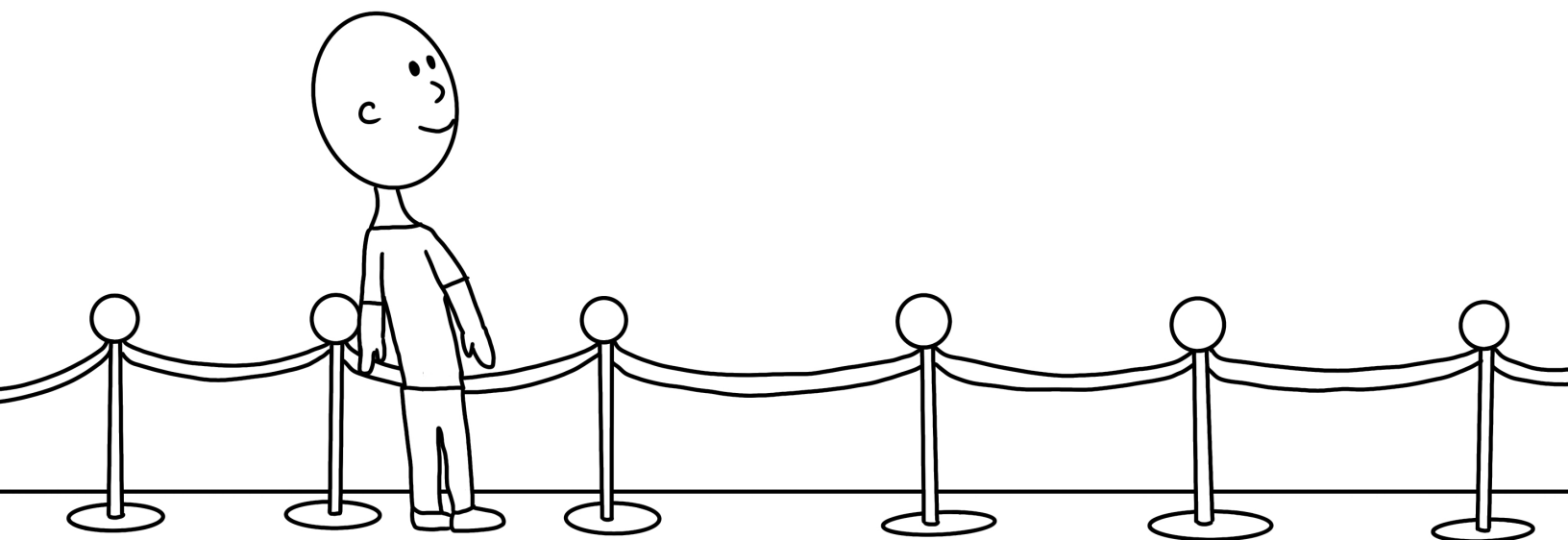
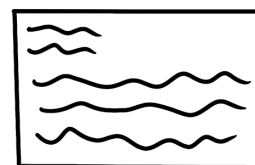
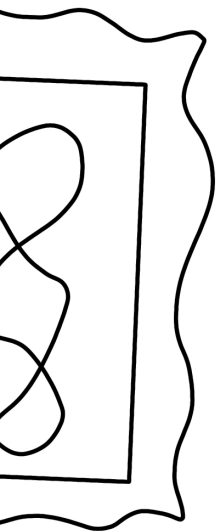
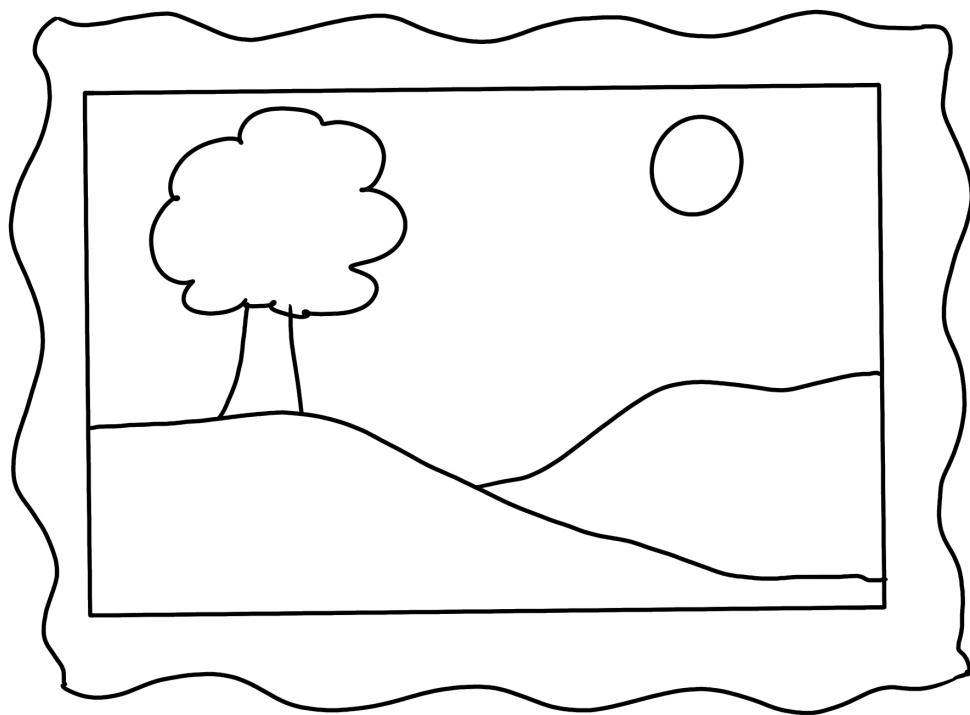


Prescription:

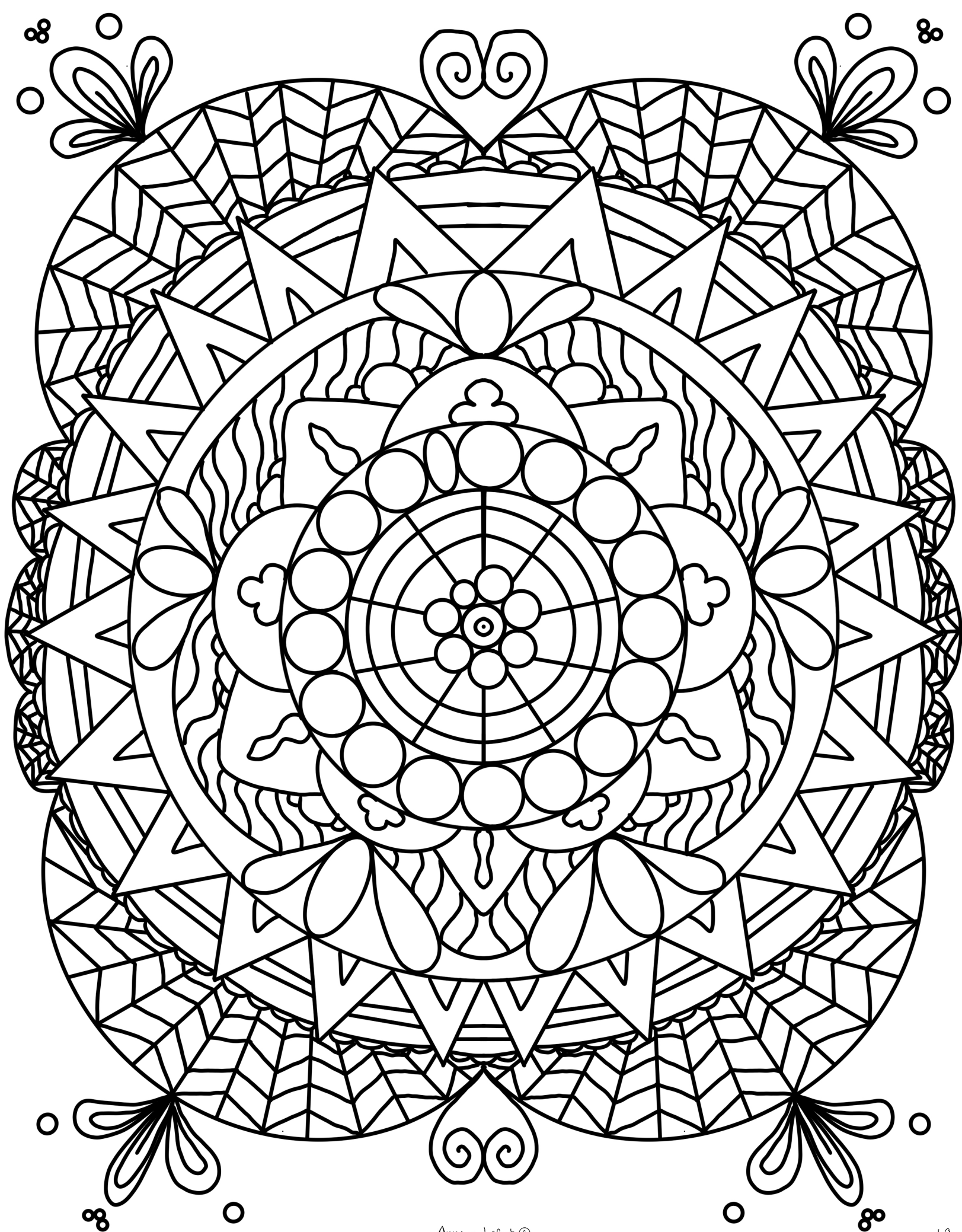
Make art

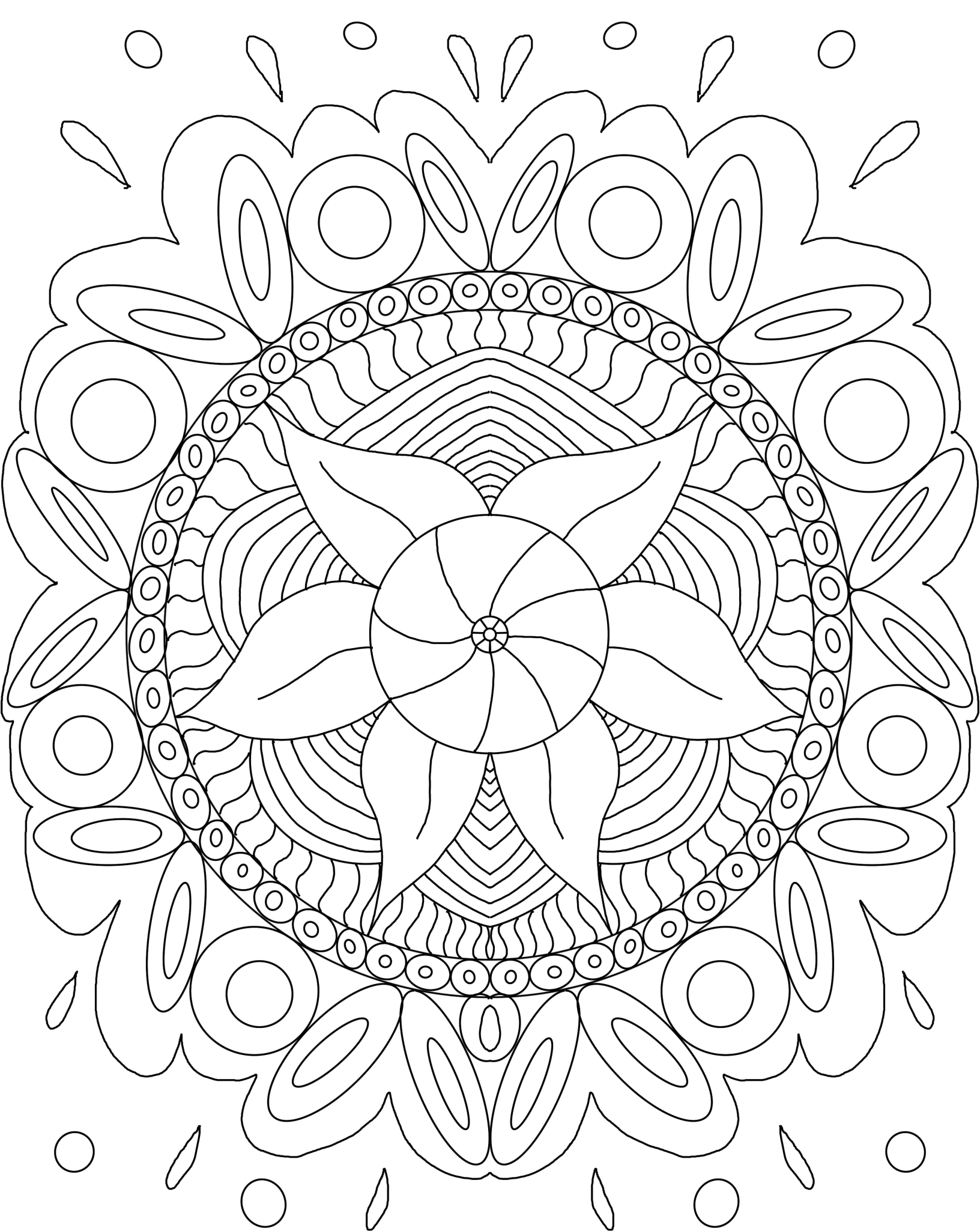


1 Pill
Per day



Mindlessly doodle anything your heart desires





Draw your own mandala

Inspired by Yayoi Kusama

Cover the page with dots

Inspired by Edward Munch

Draw your feelings

Use this page to draw any strong emotions you are feeling

(Come back to this page as needed)

Thank you for going through this project with me. Feel free to use additional pages to extend any prompt. I hope you learned a lot and you can feel how you are less anxious.



~ Annana Lefort