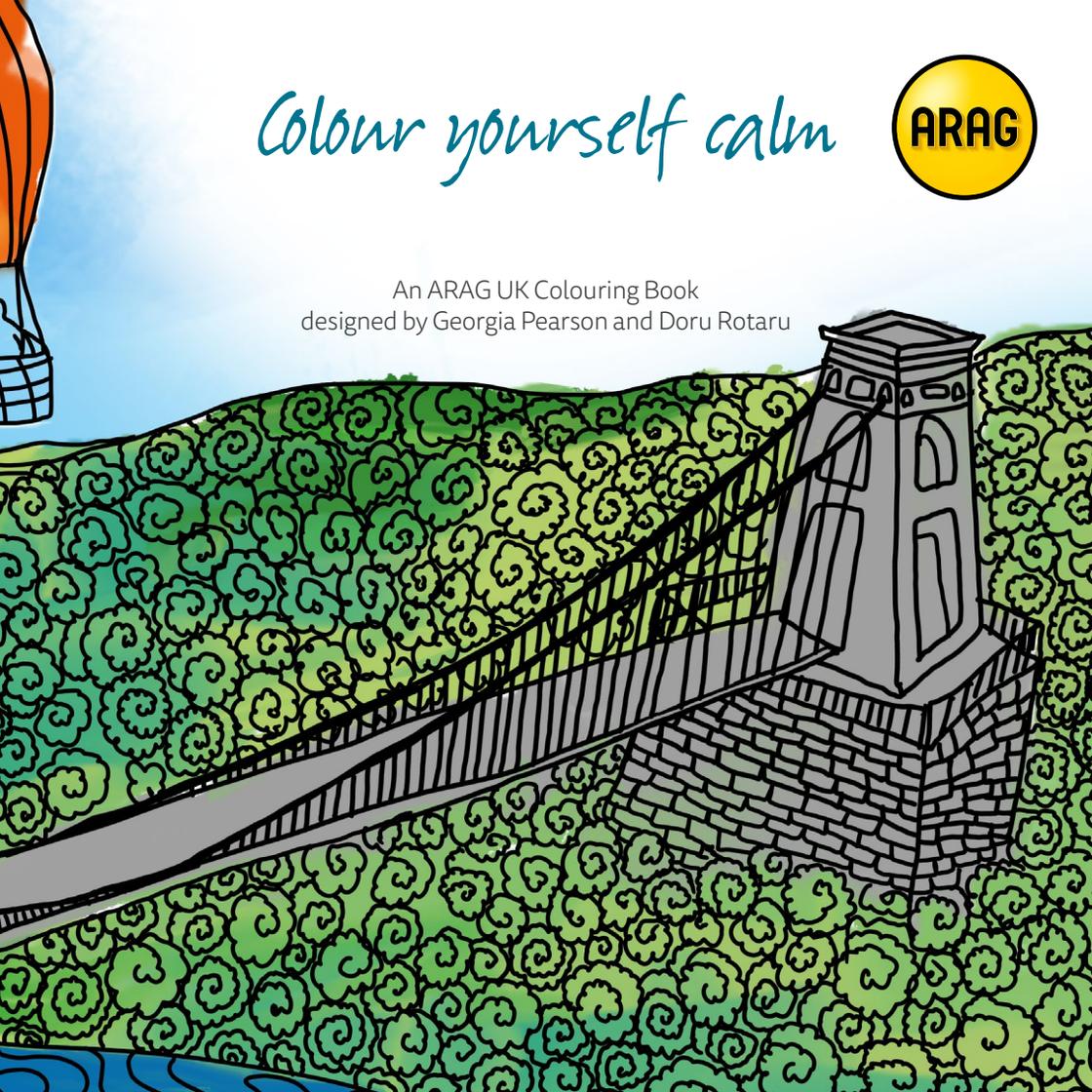


# Colour yourself calm

ARAG

An ARAG UK Colouring Book  
designed by Georgia Pearson and Doru Rotaru



# Colour your stress away

## Why a colouring book?

Colouring doesn't only allow you to take some time away from screens and to unplug. Studies suggest that colouring has many therapeutic mental health benefits.

**Stress relief:** Studies show that colouring helps relax your amygdala – the section of your brain that is activated in situations when you feel under pressure, stressed or overwhelmed.

**A creative meditation:** Many psychologists have found that colouring creates similar benefits to meditation, providing inner calm, clarity of thought and relaxation.

**Exercise the mind:** Colouring is great for keeping your mind active because it uses both sides of the brain's cerebral cortex – an important system of control as it promotes motor skills, balance and coordination.

## It replaces patterns of negative thinking:

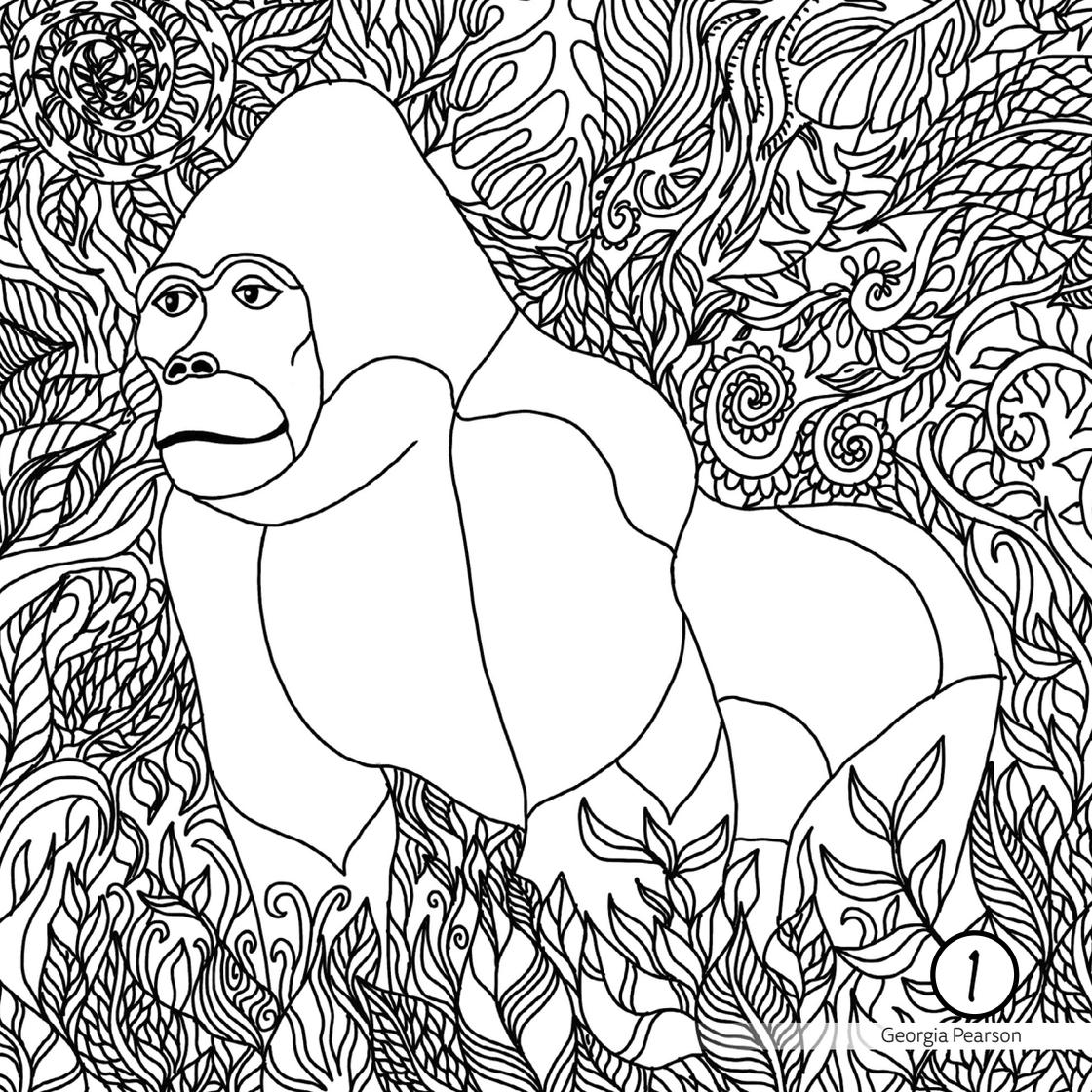
Taking time to focus on your colouring makes concentrating on negative thoughts difficult. When you colour, you might find it hard to think negatively.

**Build mental strength:** We mentioned before that colouring can help release stress in tough situations. Colouring can also train our brains, making us more efficient, logical and mentally strong.

So why not give it a go? If nothing else, you'll add more colour to your day.

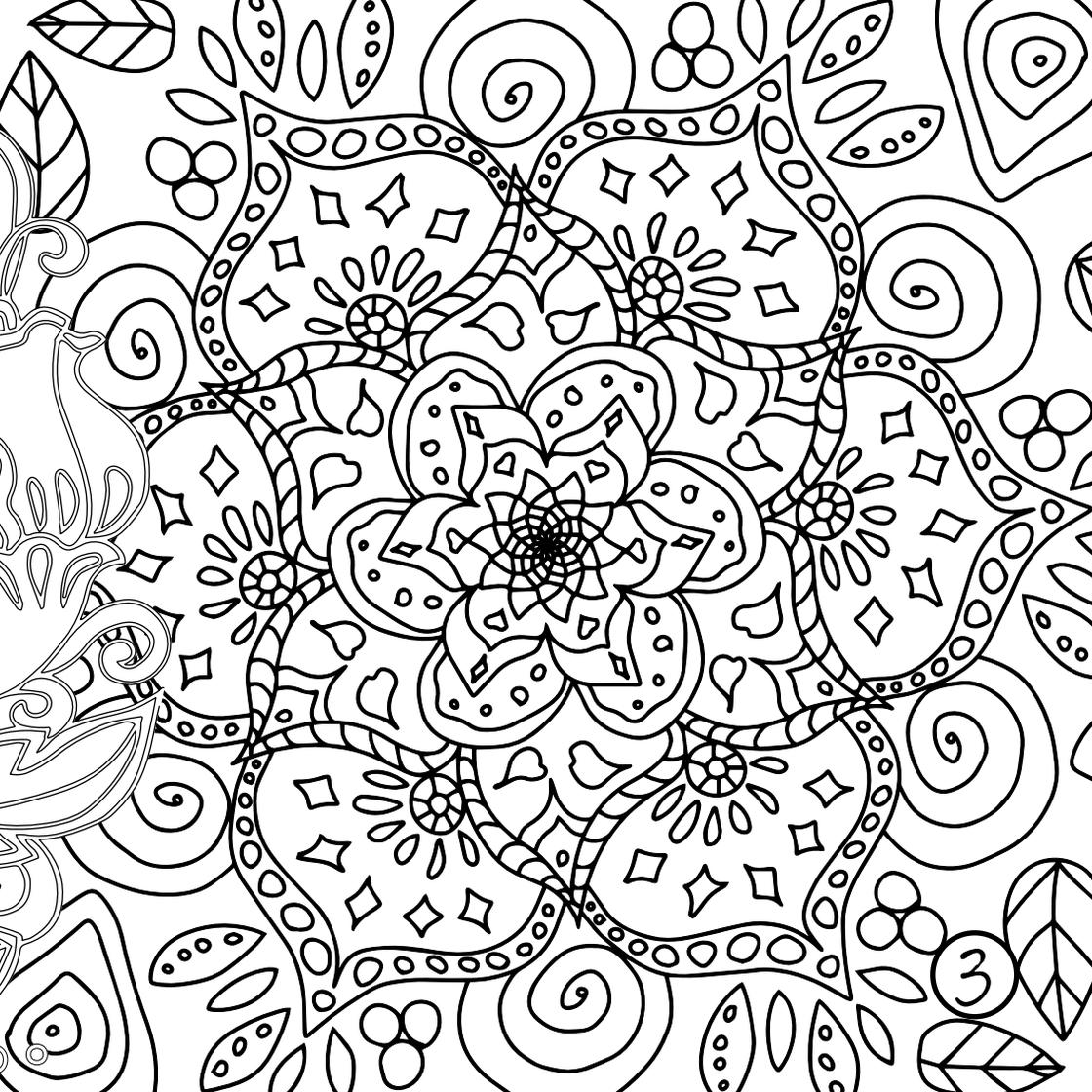
This colouring book, designed and created by our very own Georgia Pearson and Doru Rotaru is filled with art based on ARAG, Bristol, and the rest of the UK. Can you guess their locations? Take a look at the back cover for answers.

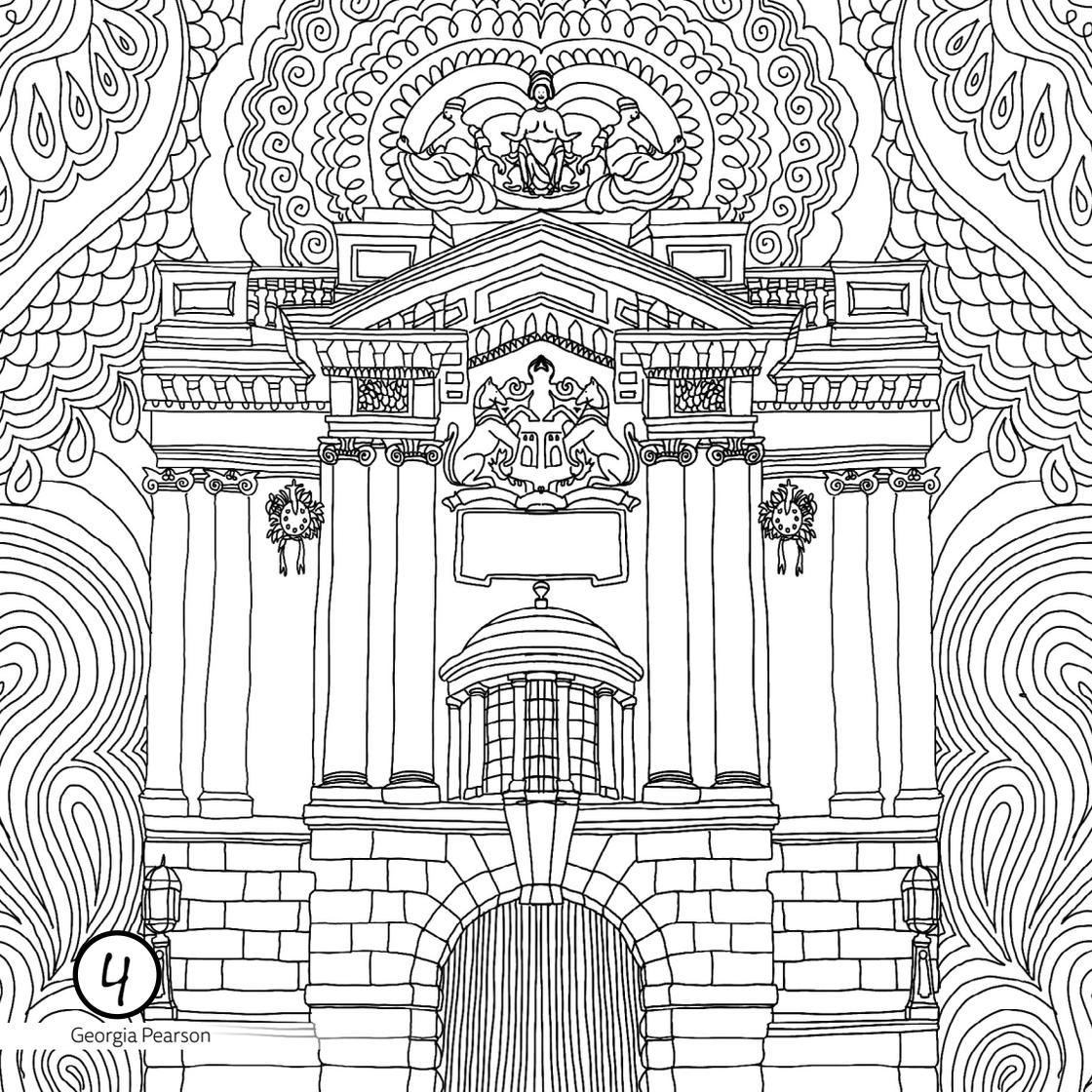






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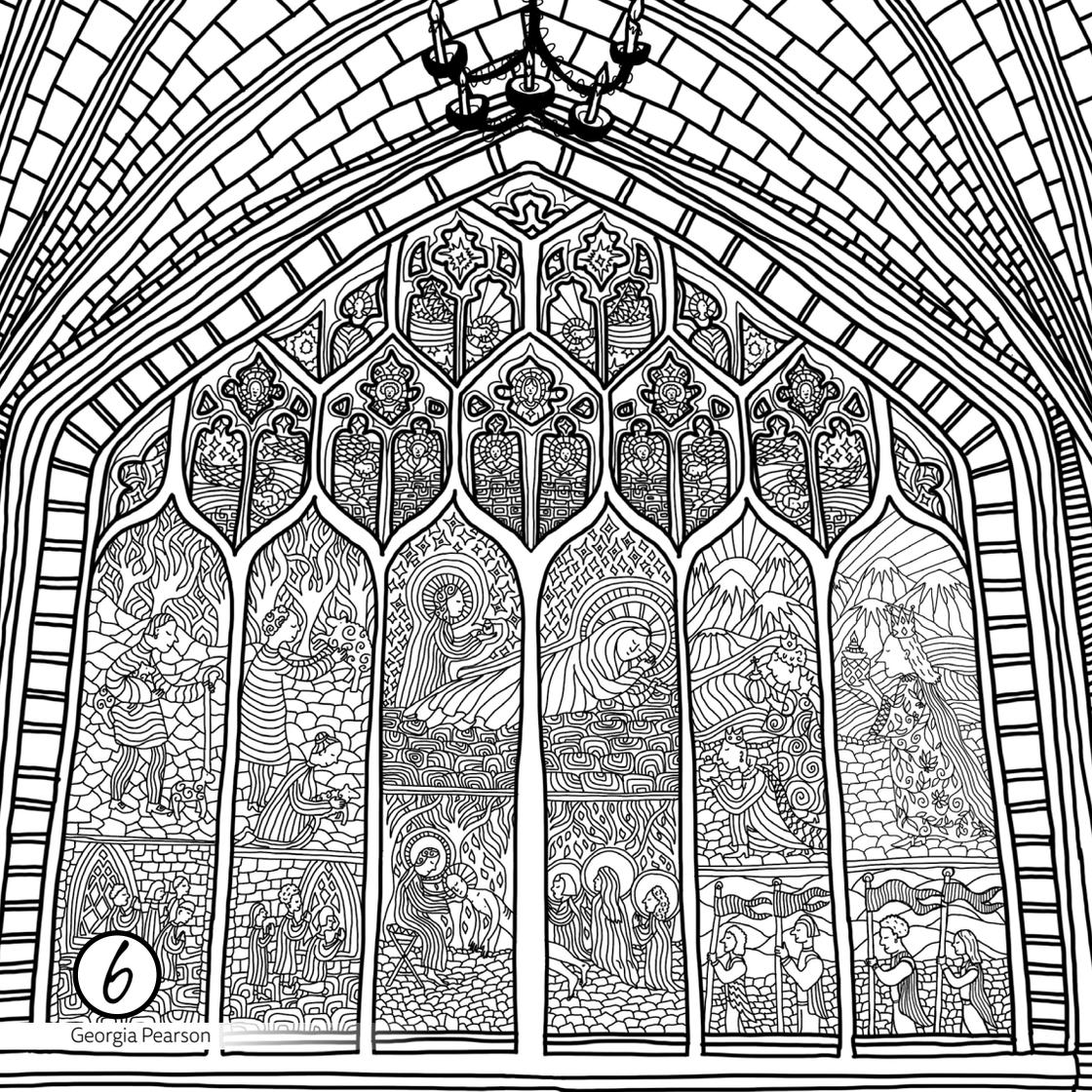




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Georgia Pearson





6

Georgia Pearson



ARAG / No.6

ARAG

THE WHITE HOUSE

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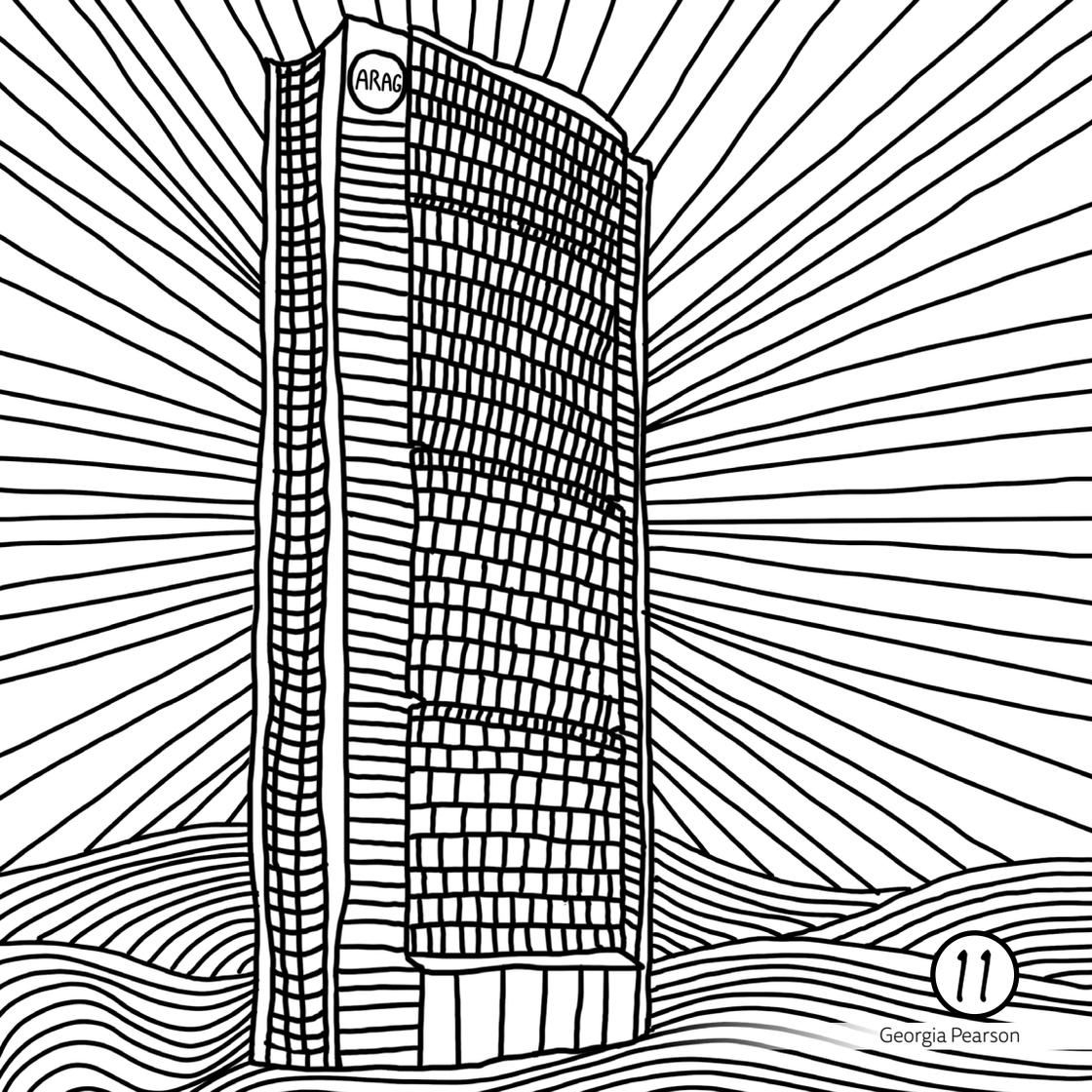




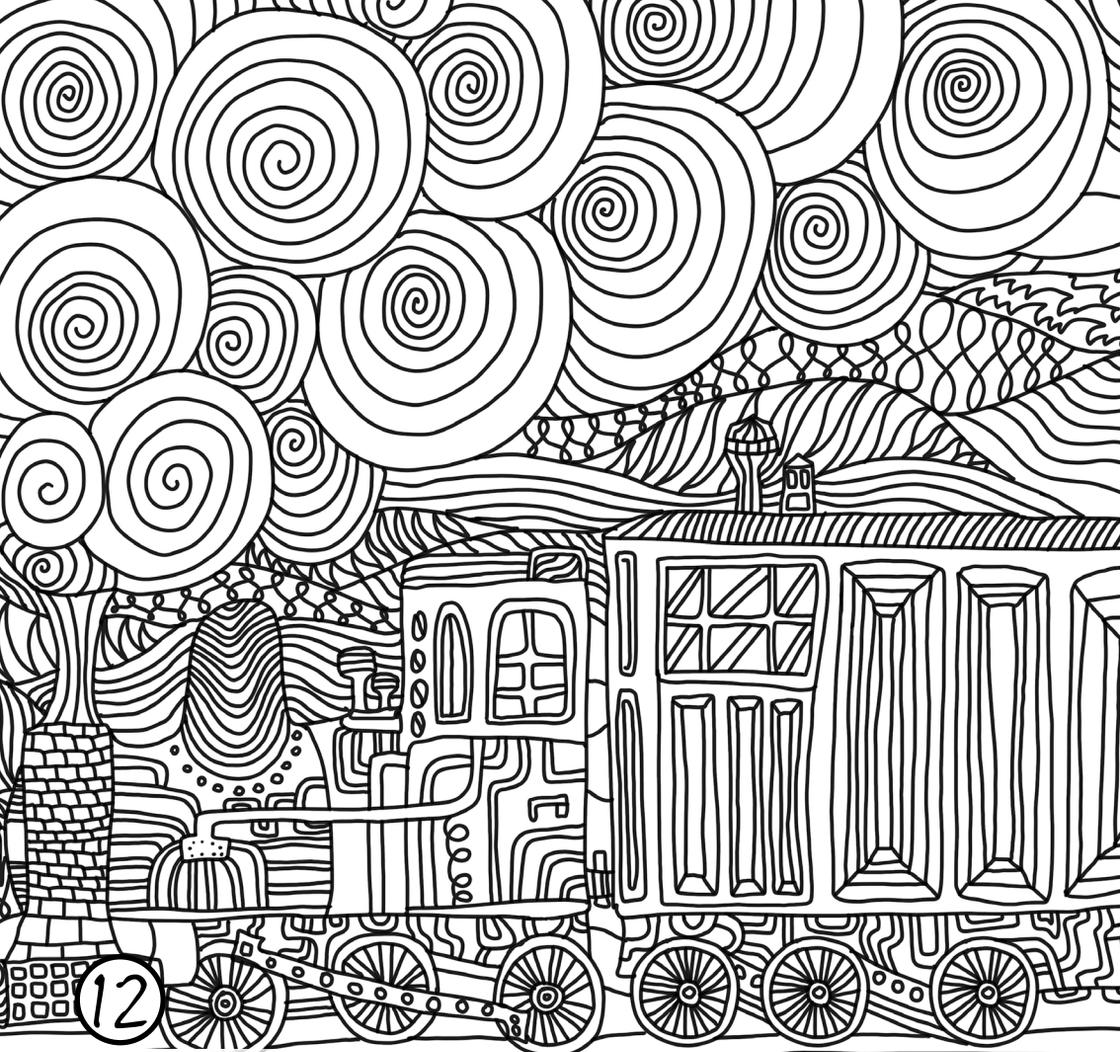


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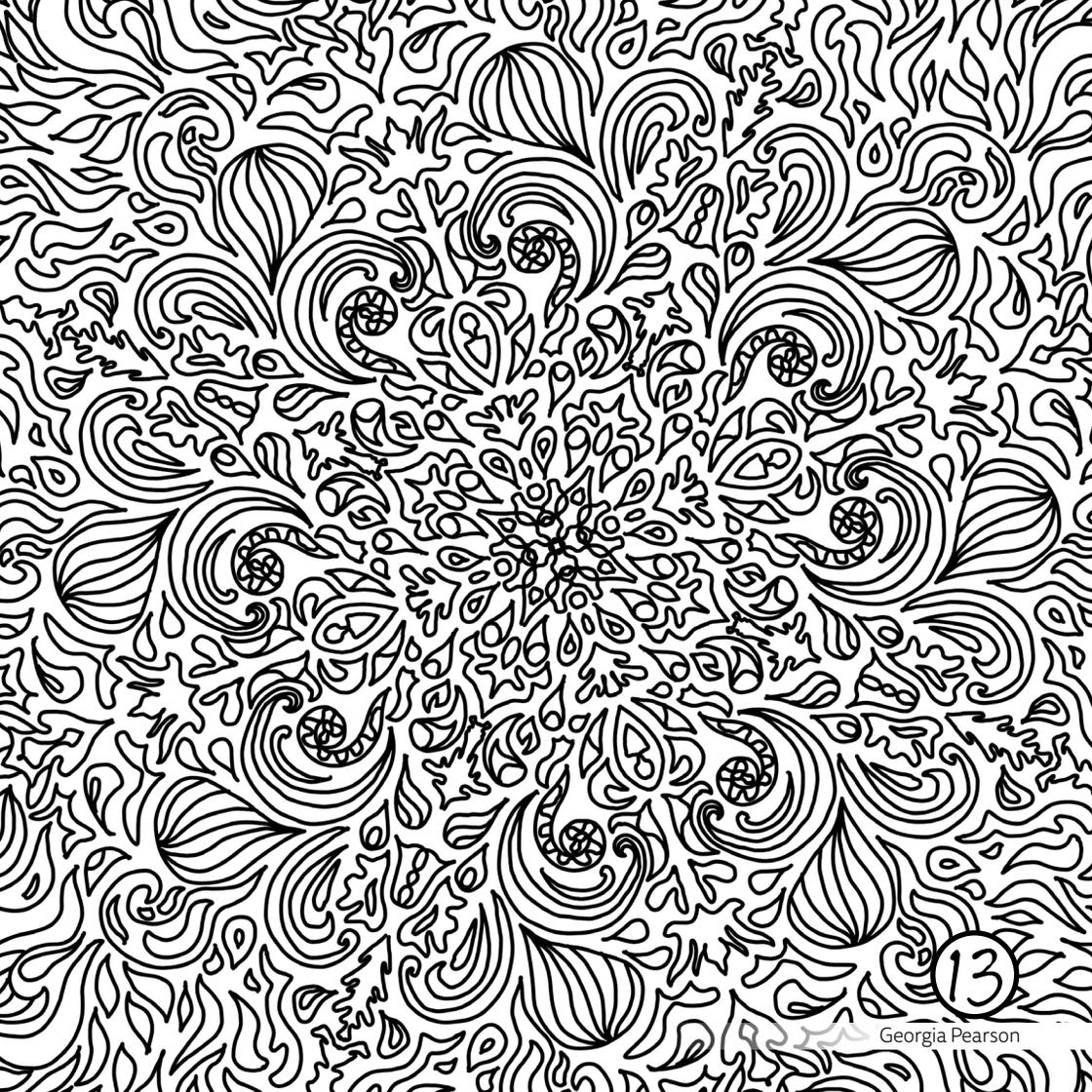
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ARAG



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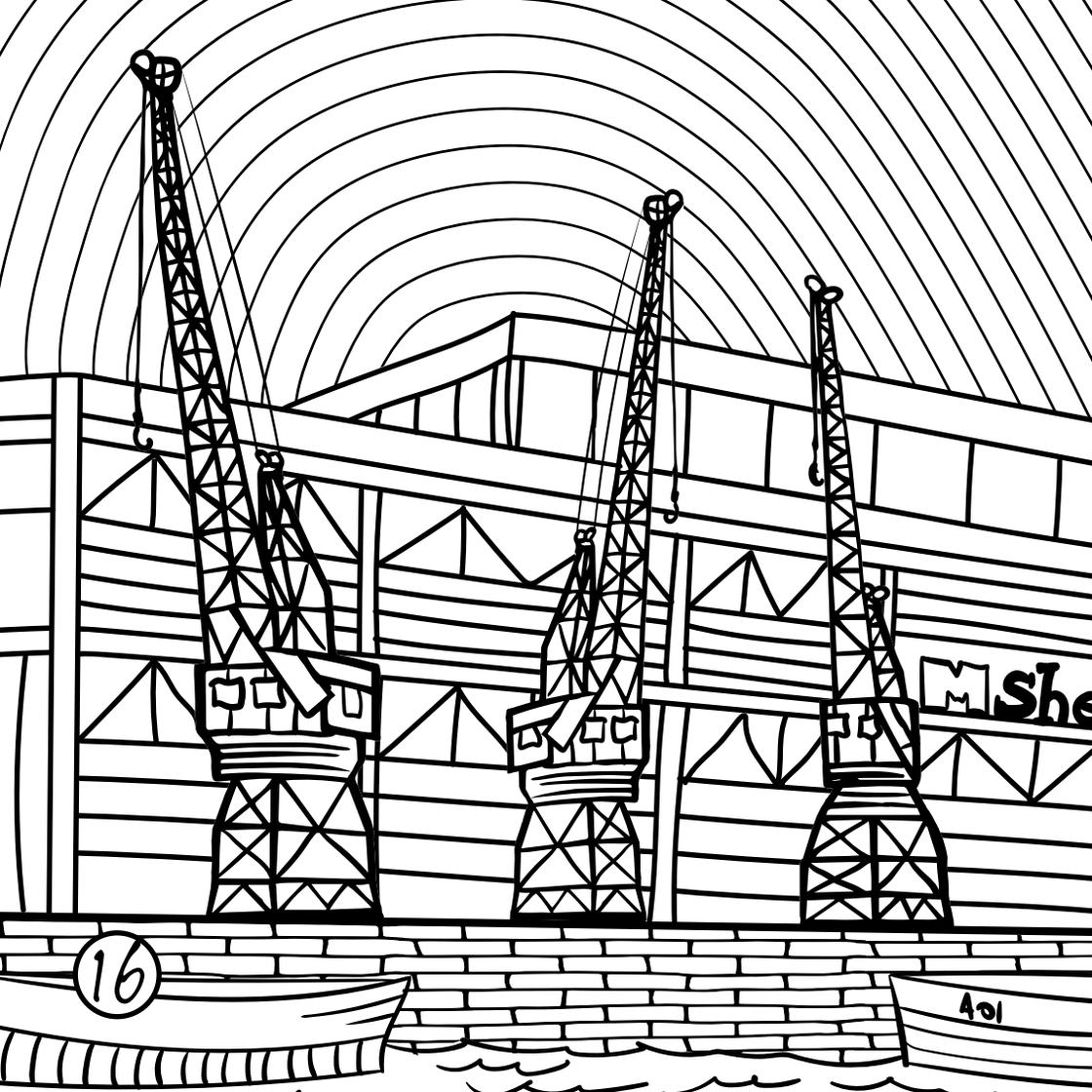
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S.S. GREAT-BRITAIN

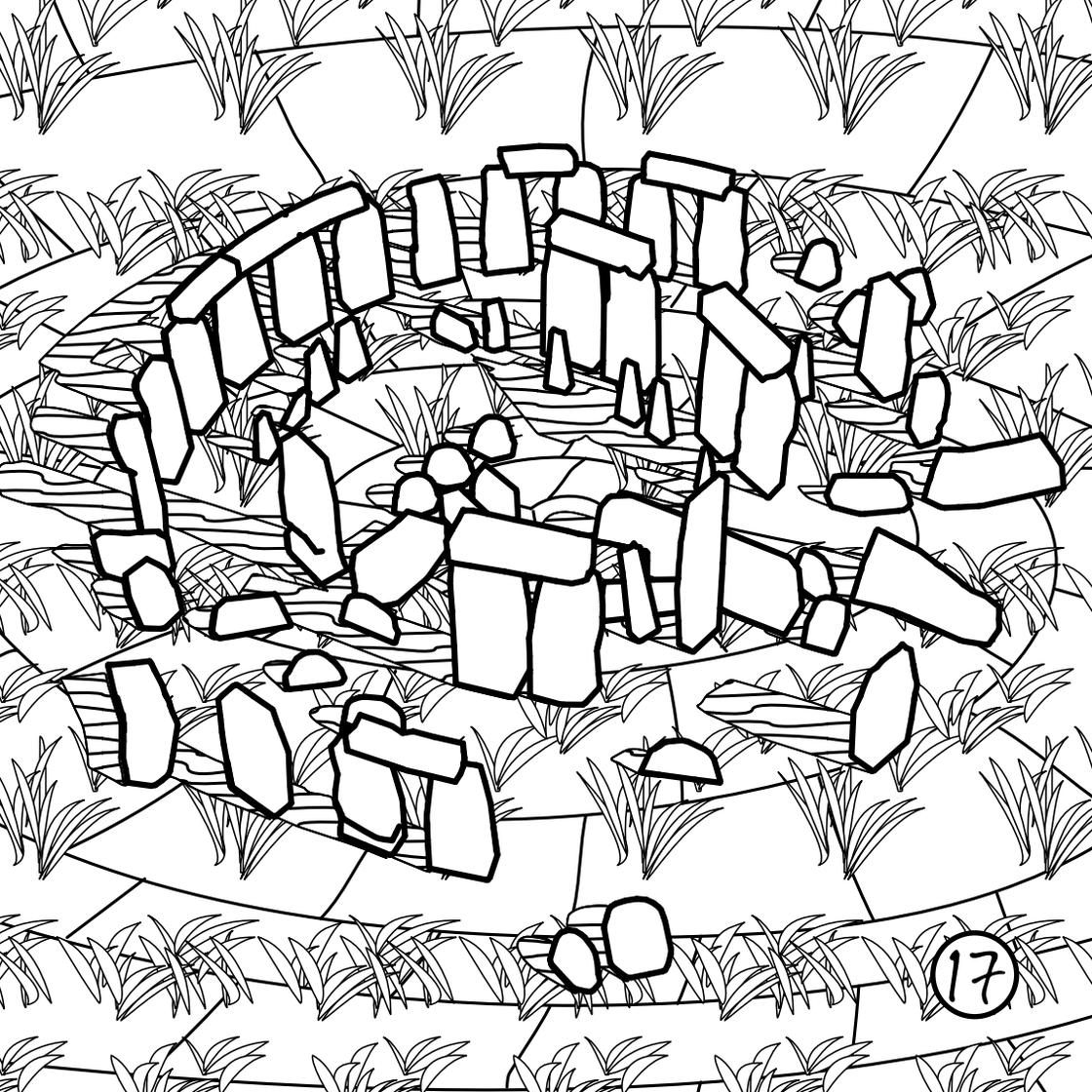


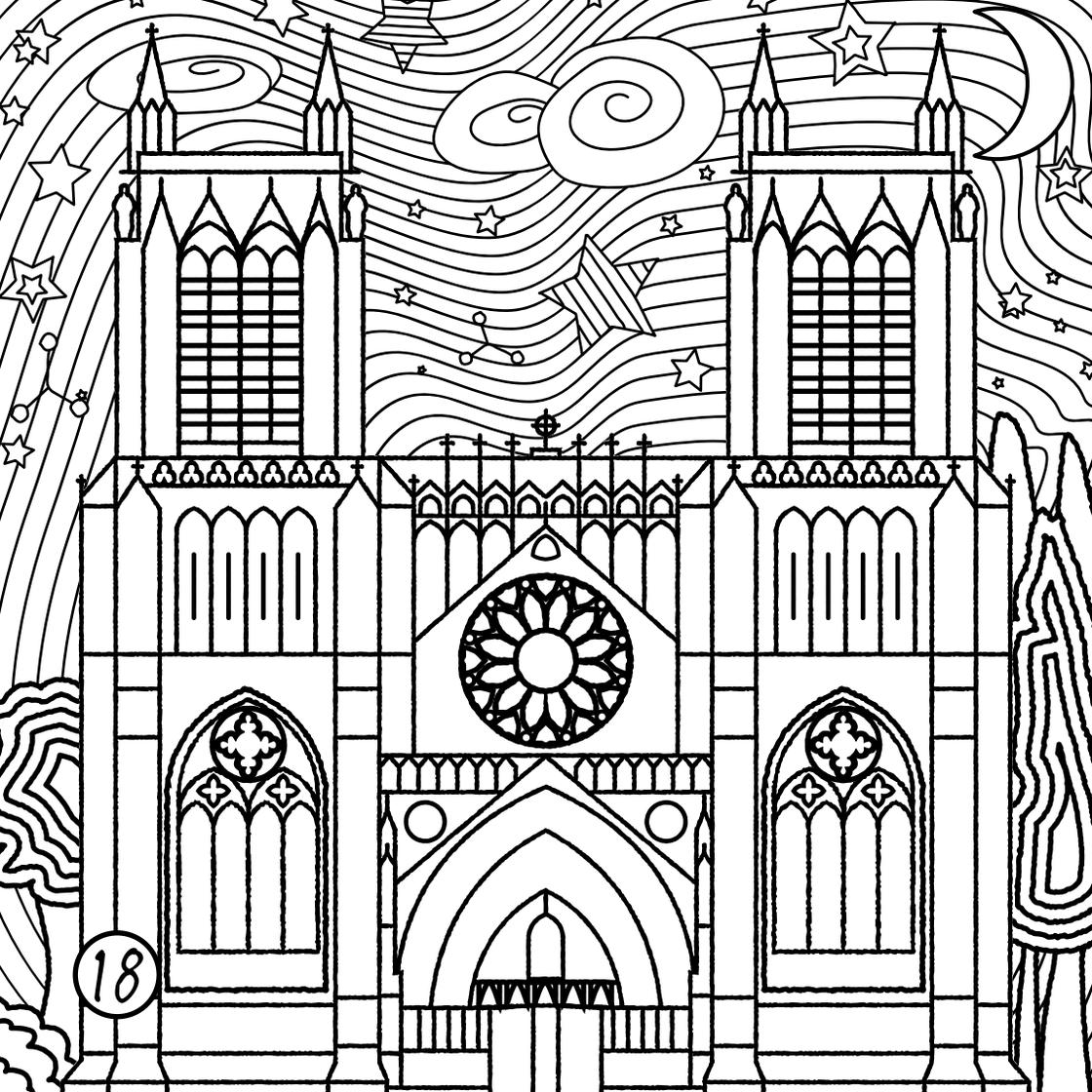


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# Answers

1. 'Splodge' the gorilla (by Georgia Pearson);
2. Wendy the elephant Mandala (by Doru Rotaru);
3. Bristol Botanic Garden Inspired Mandala (DR);
4. Bristol Museum & Art Gallery (GP);
5. Bristol Aquarium (GP);
6. St Mary Redcliffe Church (GP);
7. ARAG Bristol @ No.6 (DR);
- 8-9. The Clifton Suspension Bridge (GP);
10. ARAG logo (GP);
11. ARAG Tower Dusseldorf (GP);
12. Avon Valley Railway (GP);
13. Mandala for Wellbeing (GP);
14. SS Great Britain (DR);
15. The London Eye - tribute to our London Team (DR);
16. M Shed cranes (DR); 17. Famous UK Site 'Stonehenge' (DR);
18. Bristol Cathedral (DR);
19. Blaise Tower (DR);
20. Bristol Zoo monkey (DR).

