



Fashion Floral Tops: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 8)

Audrey Wingate, WMC Publishing

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Create Your Own Fashion Design Floral Pattern Tops

Take these simple outline drawings of ladies tops and turn them into colorful fashion design patterns for your own fashion designer sketchbook.

Coloring is an activity which has long been associated with kids and it has been accepted that, as we reach maturity, we put aside our colored pencils and turn our attention to more adult pursuits. However, in recent years we have increasingly seen this wisdom being overturned and coloring for adults has become a widespread activity.

But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just a few...

Coloring Reduces Stress And Anxiety

Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color over 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than they have ever been.

Coloring Trains Your Brain To Focus

Keeping inside the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which lets you put aside everything else for the time you spend coloring, and this is very important in our increasingly stressful world.

Coloring Helps To Develop Fine Motor Skills And Vision

Coloring forces the two hemispheres of your brain to work together and involves both the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the brain concerned with fine motor skills and vision into play, and helps in keeping these active and in developing them further. This is the aspect of coloring which is being seen more and more as especially valuable for older individuals, as many people believe that it can delay, or even prevent, the onset of dementia.

Coloring Provides The Chance To Be Social


Although you might feel that coloring would be a purely solo occupation, its rising popularity is fast turning it into a social one. Families, friends, colleagues and others are now getting together to enjoy something to eat and drink and the opportunity to socialize, through their common interest in coloring books.

Undoubtedly, this is a wonderful excuse for a party, as coloring needs only a minimum of concentration and can be done easily in a group.

Coloring Lets You Express Yourself

When it comes to coloring there are no rules and your coloring book is **your** coloring book. If you mistakenly make the dog's hind leg green because you thought that it was part of the grass, who is going to care? Should you feel like making the sky yellow, does it really matter? You may be as creative as you want to be because this is your project, and yours alone. When it comes to selecting colors don't forget that the British-based, but American-born, artist James Whistler once famously said, "*Mauve is just pink trying to be purple.*"

You may of course already be a follower of adult coloring, in which case you will know and appreciate its value. Alternatively, this may be a new enterprise for you and one which you are considering for any one of a number of different reasons. If this is something new for you then **I encourage you to give it a try**. There is a reason why so many people are excited about the world of adult coloring, so **jump on board and start to enjoy the benefits for yourself today**.

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