



Keep Calm Coloring: Stop Stressing, Start Coloring (Paperback)

By Jodi Aman

Ja Love Media, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. More than anything else, the one thing that helped me come out of my dark place was getting my mind engaged in projects to take my mind-space away from anxiety and worried ruminations. I volunteered, re-did furniture, made gifts for people, cooked exotic food, designed jewelry, gardened, learned new things, took classes, read loads of books, organized closets, planned parties, started a business, and much more. Idle hands are the devil's workshop. English proverb. And an idle mind is Anxiety's playground. That is why people often get so nervous in the late evening, (especially children). When they are alone in their beds, there is nothing to think about so often worries and scary thoughts and images infiltrate that blank space. There is a holistic cure for an idle mind that is accessible to any of us: Getting involved in something creative. Anxiety doesn't want you to do this. It tells you to stop doing anything until you get over Anxiety. Yes, there are some things that are stressful and that would benefit you to change in your life. Take...



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