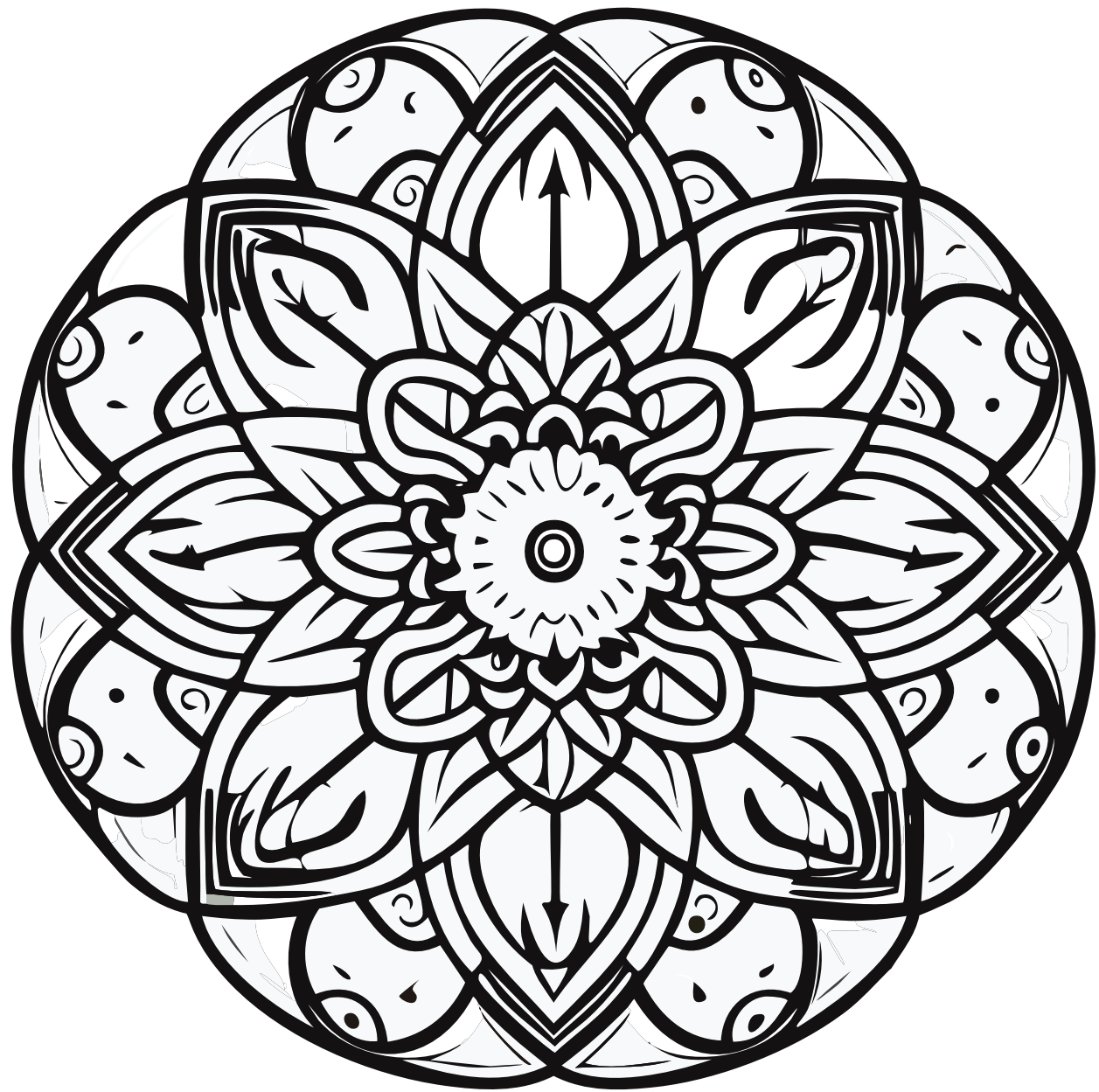
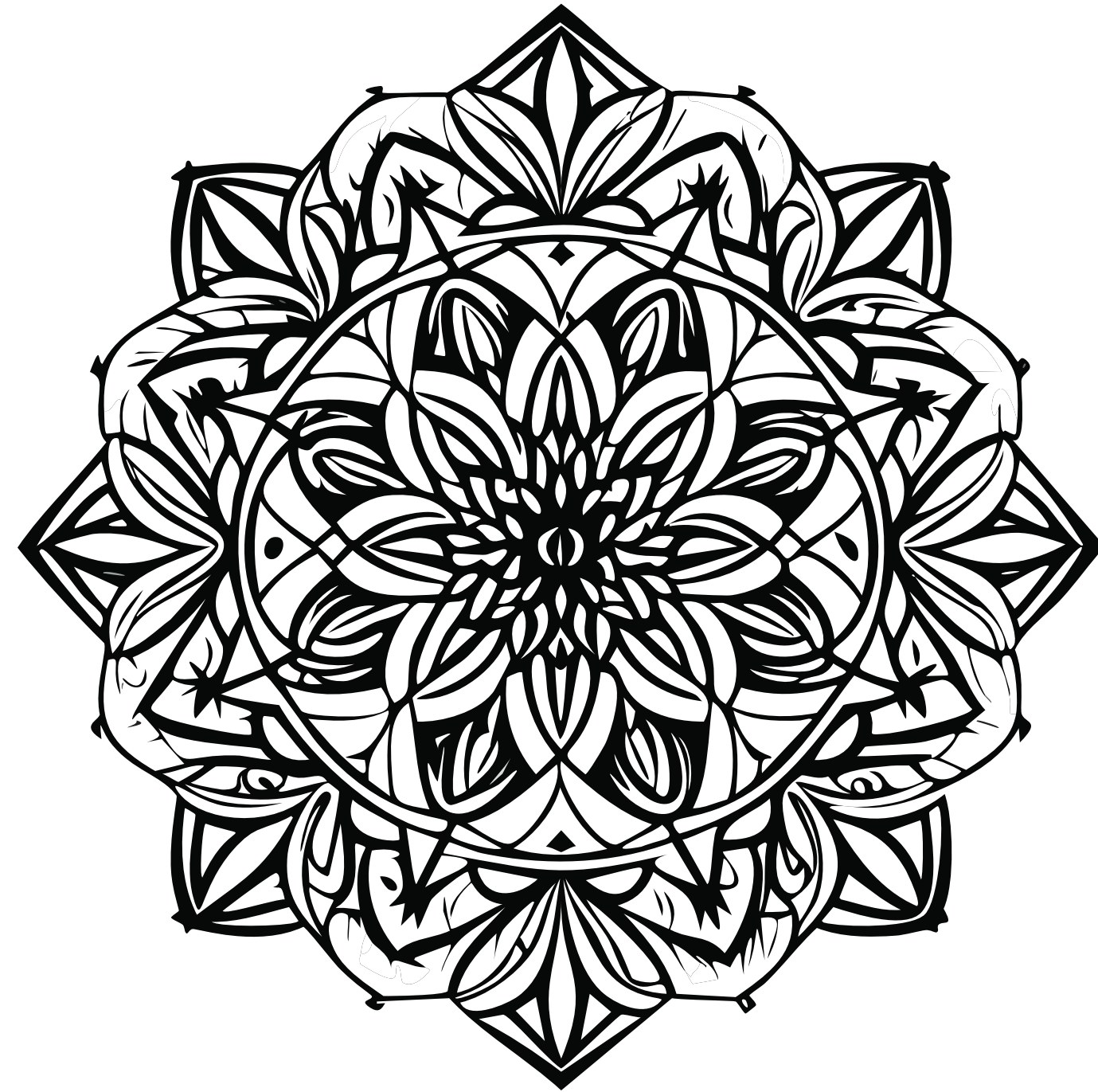




Colouring Therapy
With Mandalas
by *mywellness*





mywellness is
an award-winning
student mental
health & wellness
program. Through
mywellness, you
can access
support resources
& helpful solutions.

**Resources such as colouring therapy
with mandalas.**

This fun, powerful and deeply good activity will assist you in disengaging from anxious feelings and help you create positive thoughts. According to medical research, colouring mandalas can have the same impact as meditation. The forms and patterns of mandala designs necessitate intense concentration while colouring.

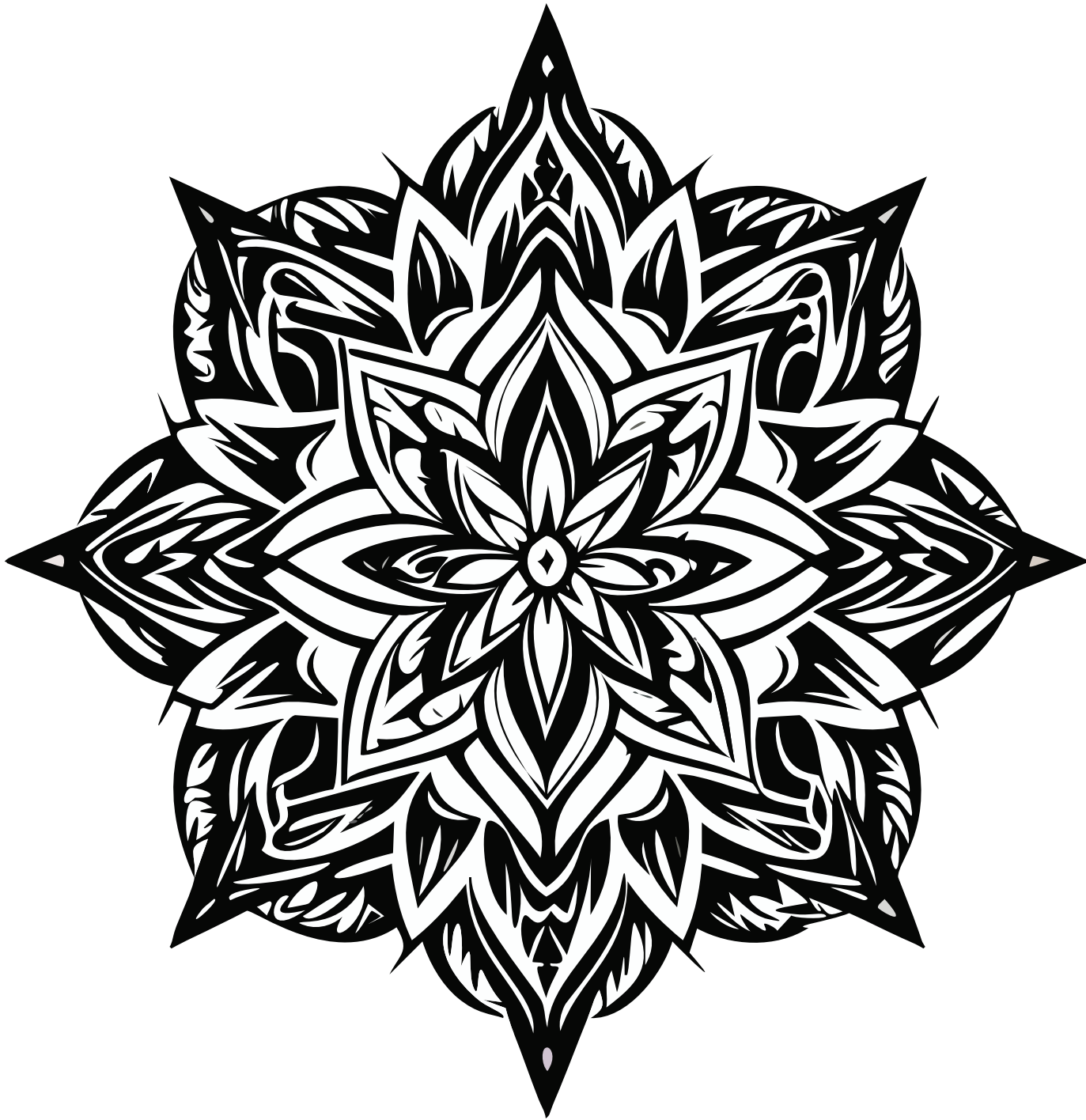


What's a Mandala?

Anything circular in our lives can be considered a mandala. Physical shapes such as a flower, a seashell, a dome, a clock, a spider web, a radio wave, a balloon, an orange cut in half, or our planets. We have conceptual circles such as our circle of family, friends and community. The circle signifies many sacred and spiritual concepts, including unity, infinity, divinity, balance, stability, perfection or creative energy, represented in concepts like the Ying Yang, Tree of Life, Chakras, Wheel of the Year, the Ouroboros or Mandalas.

The word comes from the classical Indian language of Sanskrit, with "manda" meaning essence & "la" meaning container. The mandala, more than just a simple circle, represents wholeness & unity.





Nature is full
of circles.
The moon,
the cycles of
seasons &
movements of
the wind.

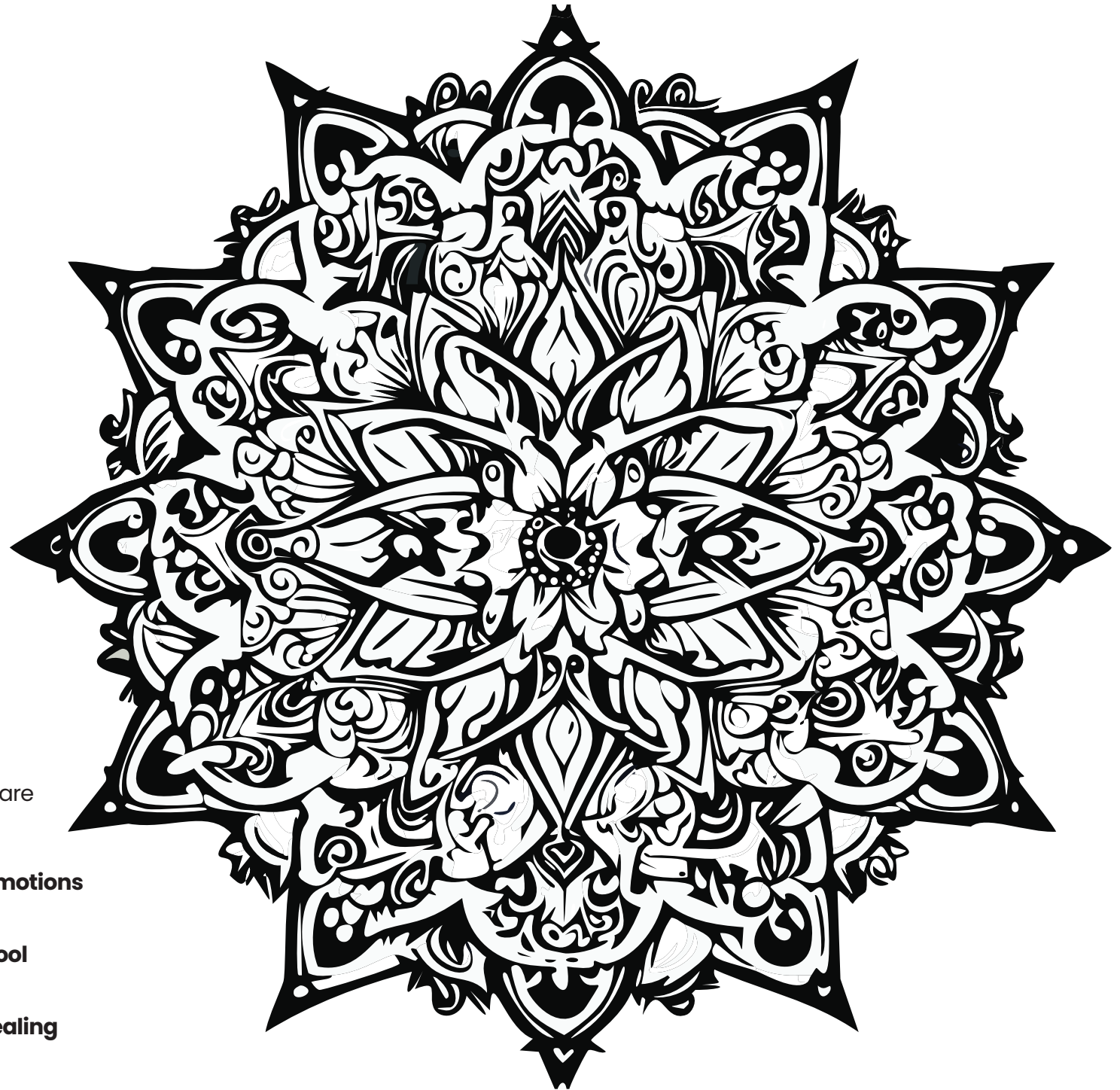
Every culture on earth has some connection with circles. The symbol of a continuous life cycle, circles travel far and wide, yet remain visible in everyday life.

Various religions and philosophies look to circles and more specifically, mandalas, as a journey to the true self. Each layer of the mandala represents a different part of life. Ultimately a mandala is infinite and supports the Buddhist and Hindu claims to reincarnation.

Colouring Therapy

We use the mandala to represent the self and to express our emotions and feelings. The time we spend colouring provides a time of focus and meditation, allowing the person to express their individuality and create a 'self-portrait'. Over time, these mandalas become an art journal of our self-recovery or search for wellness.





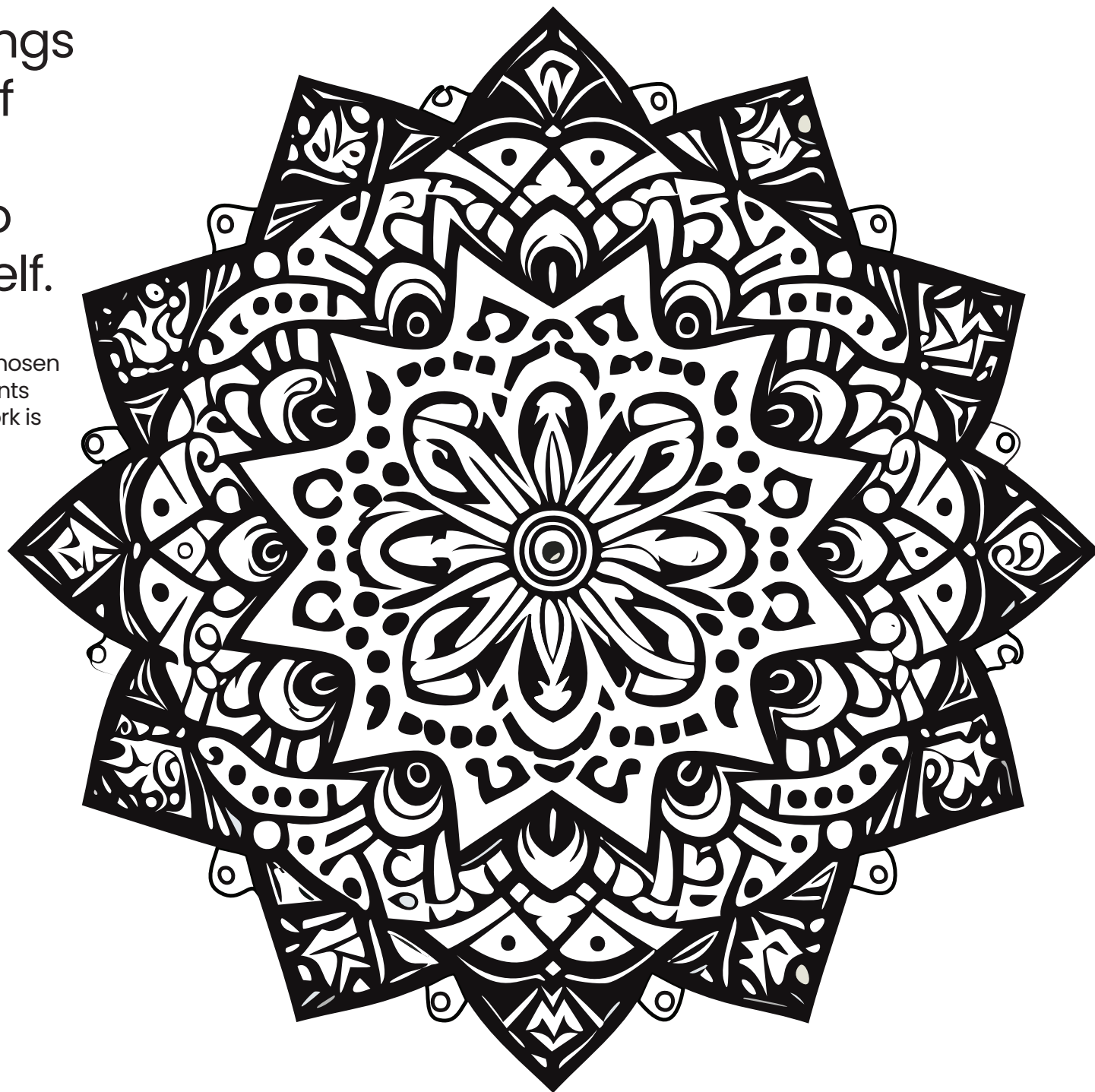
The benefits of creating mandalas are many:

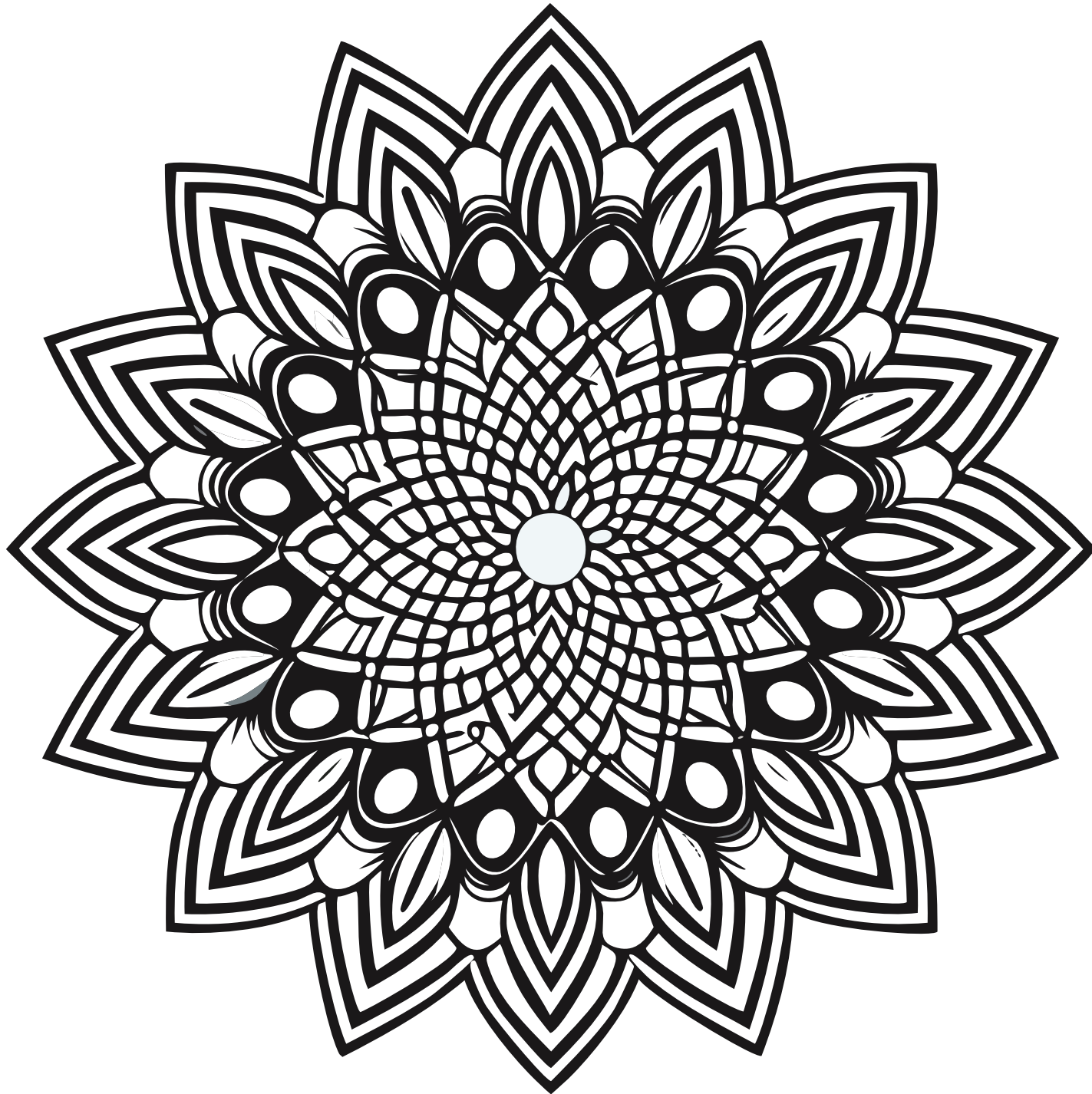
- ✓ **Releases negative thoughts & emotions**
- ✓ **Decreases tension & anxiety**
- ✓ **Used as a stress management tool**
- ✓ **Increases focus**
- ✓ **Used for self-reflection & self-healing**



Emotions & feelings
felt at the time of
creation are
transformed into
the mandala itself.

The shapes as well as the colours chosen
can be as symbolic as the artist wants
them to be. Every piece of the artwork is
as equally important as the other.





Remember, there is no “right” or “wrong” way to complete your mandala, just **embrace your creativity & self-expression!**

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mywellness is an e-mental health program designed specifically for Canadian post-secondary students.
For more information or to access all of the resources mywellness has to offer, **visit www.mywellnessplan.ca**.