

## THE MAGIC CIRCLE

Coloring has the ability to reduce stress and anxiety by relaxing the amygdala, the fear center of the brain. It has also been known to help with focus, improve motor skills and improve sleep. Try it! Color in the circles or decorate the inside however you'd like. Take an internal inventory of how you feel before and then after. Pay attention to your:

Thoughts

Feelings

Heart rate

Breathing

Muscle tension

Mood

Focus

