

The Mindfulness Colouring Book Anti Stress Art Therapy For Busy People

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The Mindfulness Colouring Book Anti

A St. Louis-based company made waves again Sunday, after it released a new coloring book on Islamic State (ISIS) - "ISIS: A Culture of Evil." Wayne Bell, CEO of Really Big Coloring Books ...

Anti-ISIS coloring book meant 'to educate America'

Incorporating mindfulness activities into your routine can be incredibly simple, no matter what your age. With a little forethought, almost everything you do can become an opportunity for mindfulness, ...

30 Mindfulness Activities to Find Calm at Any Age

Looking back on the pandemic over the last year, one significant thing has changed for me: my state of mind. Instead of feeling present in the moment and mindful, as I initially did months after the ...

Reflections on the Pandemic a Year Later: From Mindfulness to Worry

Being stressed can affect one's day-to-day life. Here is a selection of apps that help with relaxation and mindfulness to download.

Best Apps for Relaxation & Mindfulness

Picture: James Croucher Colouring-in has spawned a whole new genre of social media posts. Pictures: Facebook Thomas Pavitte, creator of the 1000 dot-to-dot books, with his Mona Lisa.

Colouring-in book craze and the minefield of mindfulness

While going through things at my mother's house in preparation for an estate sale I found an anti JFK coloring book my grandmother had saved along with some other republican memorabilia.

Vintage anti-JFK GOP Coloring Book from Early 60s

Now he is adding "guru" to that list, with the release of a book on mindfulness and meditation ... "I'm very keen to point out I'm not anti-alcohol and if you have a healthy relationship with it, then ...

How to 'unwreck' your head with a smile on your face

The universe conspires against my beauty rest. My husband snores. Not every night, but when he does, my bedroom becomes the Thunderdome. Most nights, my cat yowls at 4 a.m. for more food, and at 5 a.m. ...

Bless These Sleepbuds for Drowning Out My Snoring Husband

She's a pioneer—possibly the pioneer—of the modern adult coloring book, a childhood pastime ... The chance to practice mindfulness—an awareness of what you are sensing and feeling at ...

The Artist Who Made Coloring Books Cool for Adults Returns With a New Masterpiece

Send a very special hello with this pack of 10 mindful colouring notecards and envelopes. Would you like to send someone a mindful colouring moment? Perhaps you'd like to add your own creativity to ...

The Colour Your Own Notecards

But now that many of us have returned to the workplace, finding time after a long week to practise meditation and mindfulness ... book or magazine, work on a crossword, chat with a mate, do some ...

The Cocoon Room Is a Tranquil "Day Spa for the Mind" (With Endless Pots of Tea)

The Town of Westfield will recognize Mental Health Awareness Month throughout May by launching The CAKE Crumb Trail — a free, month-long, outdoor event for participants of all ages organized by ...

Westfield Mental Health Council Announces Mental Health Awareness Month Community Programming

Westfield has launched the self-guided tour for all ages in honor of Mental Health Month. It includes giveaways.

Westfield Wants You To Try 'CAKE Crumb Trail' For Wellness

And the invitation to anti-vaxxer Robert F. ... with chiropractors, mindfulness coaches and a personal chef preparing organic, gluten- and sugar-free meals. Yelling and time-outs were banned.

'Insane and dangerous': Inside the Miami school that told teachers not to get vaccinated

It's no secret financial education is not an official part of the traditional education model in the U.S., which leaves many people wondering why they are not taught these much-needed skills. However, ...

The Dark Side Of Capitalism — And How Education Can Help

(Brief book plug: Practical Mindfulness features an appendix for ... pro-curiousy and self-compassion, anti-judgy and outcome-driven. "This works best when we just put effort into trying to ...

Psychology Today

A NORTH-East bookseller has launched a campaign to raise £3,000 to buy activity books for care homes in Darlington. Yvonne Renton, who owns online bookstore Evelyn's Next Chapter and worked in ...