

Elena Bogdanovych

Easy Mandalas



Coloring Book for Seniors

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As soon as the coloring pencil touches the web page the benefits begin moving. Each stroke within the lines can be a tangible stage towards the completion of a picture, which creates a feeling of improvement. New research has revealed plenty of benefits that arise when old individuals spending some time coloring. At the basic level, coloring basically elicits emotions of peace, relaxation, and enjoyment. Coloring is a perfect activity for seniors to share with grandchildren. Particularly, coloring can:

- Elicit feelings of peace, rest, and pleasure
- Deliver a feeling of accomplishment
- Help individuals suffering from dementia
- Decrease blood pressure and heart rate
- Improve motor abilities, hand-eye coordination and muscle control
- Act as an easy means of self-expression
- Promote reminiscing on enjoyable childhood remembrances.

And upon completion, the individual can be rewarded with a sense of accomplishment. The positive emotions due to coloring are in no way the only benefit. Decreased stress directly leads to a reduce in blood pressure and heartrate. Although generally helpful, this specific benefit is especially effective at improving the state of individuals suffering from dementia. The focus seniors direct towards the task at hand succeed in distracting them from additional worries. This happens because coloring is an activity that will require concentration. The concentration on an easy task calms and focuses the mind. As if the improved state of mind wasn't benefit enough, there are even health advantages. Coloring actually decreases levels of agitation, panic, and stress. In addition to health benefits, the take action of coloring also helps seniors improve physically. That's right, coloring improves motor abilities, hand-eye coordination, and muscle control (all elements that tend to dwindle as age group increases). Furthermore, coloring can be a creative outlet for seniors, providing them with a straightforward method of self-expression. Each colour they select and each section they color present seniors with the freedom and opportunity to dictate specifically how they need their picture to develop. And speaking of pictures, coloring often allows seniors to remember pictures from their past. Since coloring can be an activity frequently carried out in early years it promotes reminiscing on pleasurable childhood memories. These groupings give a positive space for seniors to interact and socialize, and it allows them share within an engaging activity. The benefits outlined above are becoming more and more well known, which has resulted in the creation of several senior coloring groups. And it's not just other seniors they can connect to. There's something really satisfying about watching a dark and white outline turn into a beautifully colored masterpiece of design. Coloring is truly a task that you can do by anyone at any age, that makes it a flexible method of engaging with just about anyone.



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