

Description

Through the looking glass colouring sheets

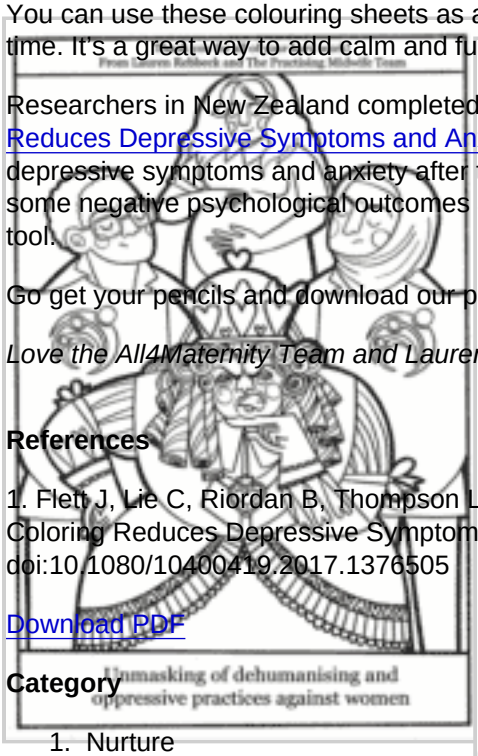
Images kindly supplied by our TPM cover illustrator – Lauren Rebbeck @laurenrebbeck on Instagram

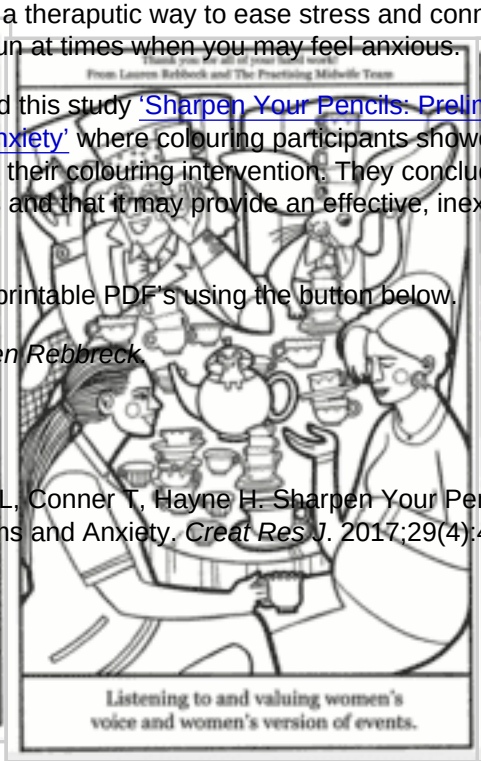
We are thrilled to be able to provide our subscribers with tools to support their wellbeing. Our newest offering is around mindful colouring.

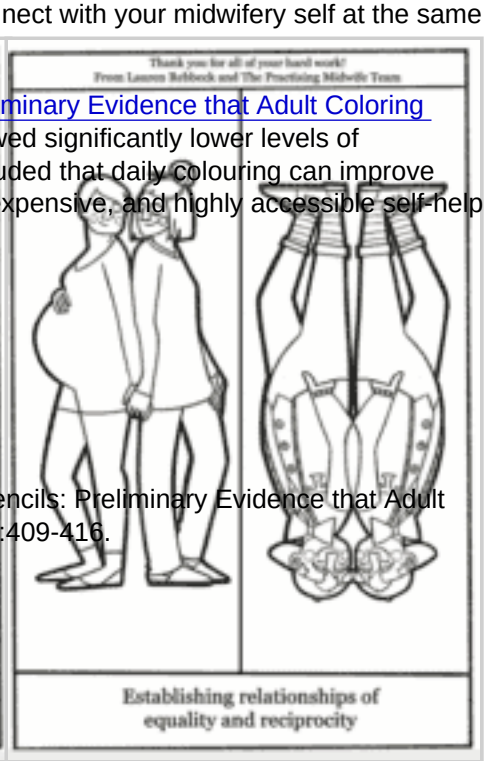
Lauren has provided her spot images from The Practising Midwife's April 2020 Issue 'Through the looking glass' as line drawings to be coloured in at home. Lauren says:

> "It's my way of saying thanks for all midwives and students do on the front line".

You can use these colouring sheets as a theraputic way to ease stress and connect with your midwifery self at the same time. It's a great way to add calm and fun at times when you may feel anxious.







Researchers in New Zealand completed this study 'Sharpen Your Pencils: Preliminary Evidence that Adult Coloring Reduces Depressive Symptoms and Anxiety' where colouring participants showed significantly lower levels of depressive symptoms and anxiety after their colouring intervention. They concluded that daily colouring can improve some negative psychological outcomes and that it may provide an effective, inexpensive, and highly accessible self-help tool.

Go get your pencils and download our printable PDF's using the button below.

Love the All4Maternity Team and Lauren Rebbreck

References

1. Flett J, Lie C, Riordan B, Thompson L, Conner T, Hayne H. Sharpen Your Pencils: Preliminary Evidence that Adult Coloring Reduces Depressive Symptoms and Anxiety. *Creat Res J*. 2017;29(4):409-416. doi:10.1080/10400419.2017.1376505

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