



Color your way to calm

Instruction: Practice mindfulness and de-stress with these coloring pages.

Coloring is a healthy way to relieve stress. It can help the body relax and calm your mind. Here are some additional ways to help manage stress:

- 1 Enjoy simple pleasures**
Look for opportunities to do things you enjoy, even if it's just for 15 minutes every day.
- 2 Use positive self-talk**
Frame your thinking around success, rather than failure.
- 3 Let things go**
Some things aren't worth sweating over. Reward yourself for a meaningful accomplishment – instead of being hard on yourself for not getting everything done.
- 4 Take a break from the situation**
Go for a walk or take three to five deep breaths to help clear your head.

To learn more, visit
supportfinder.optum.com/YALESB
Sign in with your anonymous username.

Sources:

Mayo Clinic Health System. Coloring is good for your health.

American Heart Association. Four ways to deal with stress.

Centers for Disease Control and Prevention. Injury prevention and control. Coping with stress.

Helpguide.org. Stress management: How to reduce, prevent and cope with stress.

National Institute of Mental Health. Fact sheet on stress.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements Coverage exclusions and limitations may apply.

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