Coping with Color

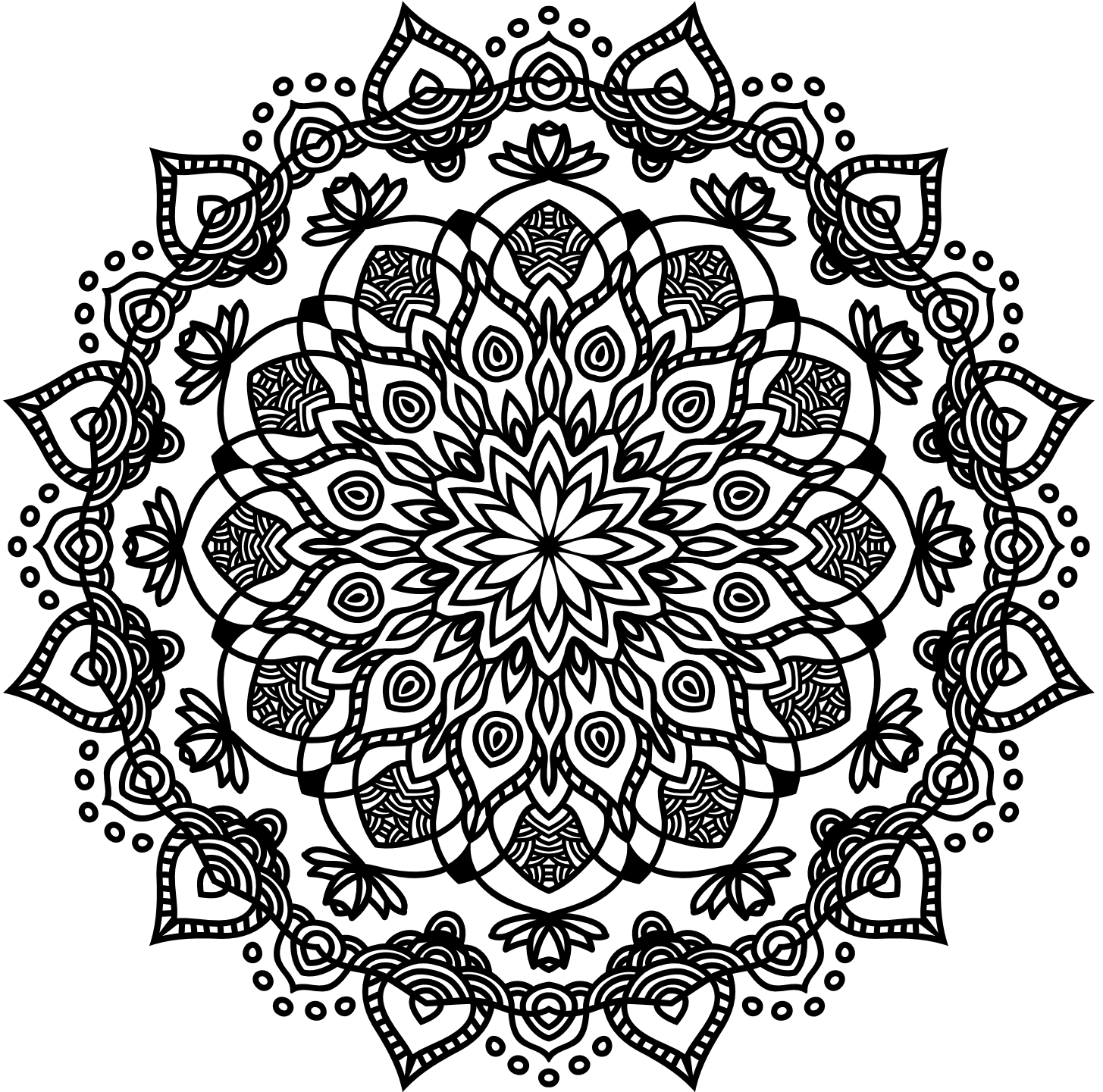*Coloring mandalas help relieve stress and increase focus while exercising the brain and expressing creativity.*

MENTAL HEALTH AWARENESS MONTH

Let's Stand Together to Raise Mental Health Awareness

MENTAL HEALTH AWARENESS MONTH

Atlantic Health System

Coping with Color

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Coping with Color

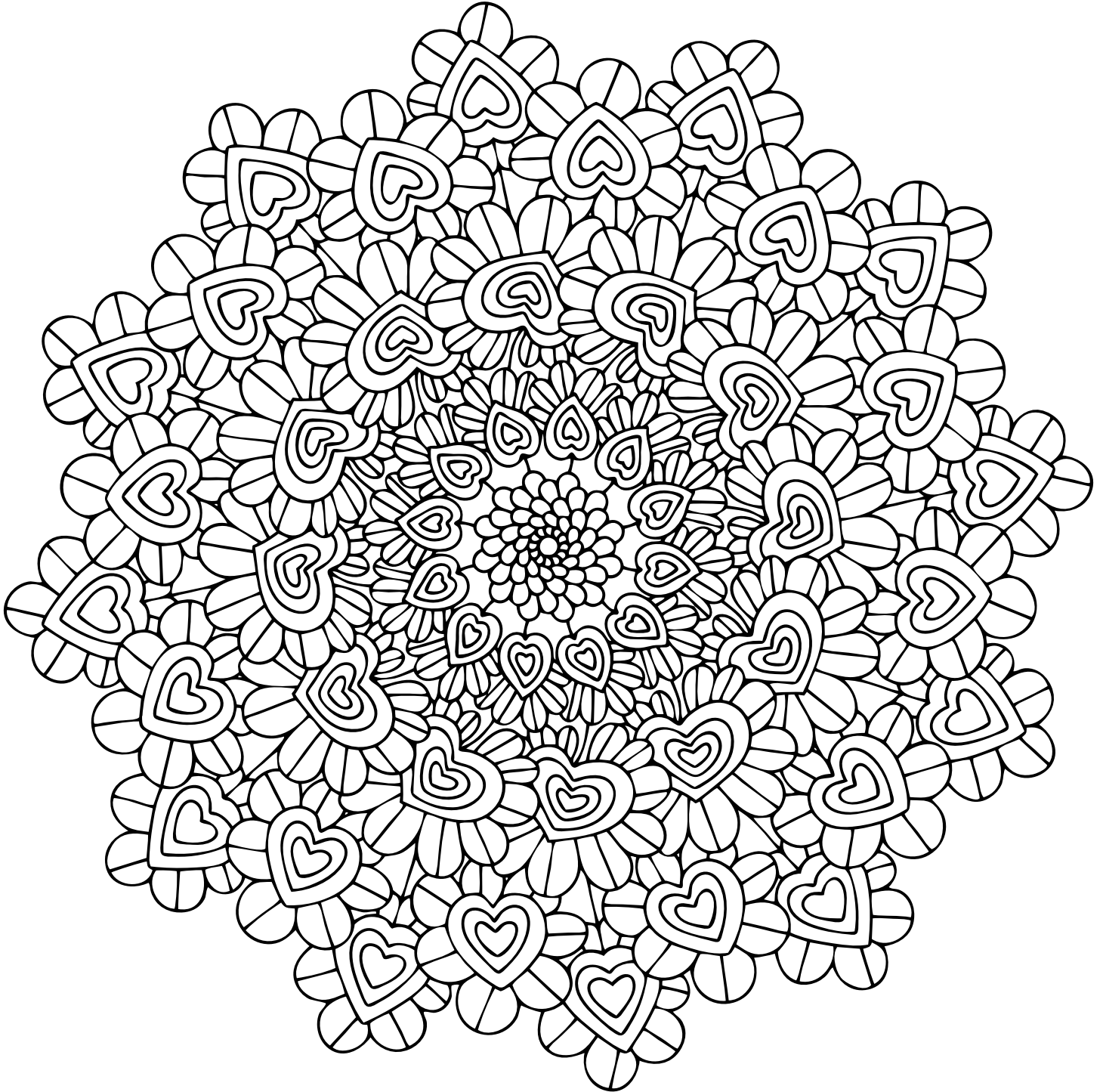*Coloring mandalas help relieve stress and increase focus while exercising the brain and expressing creativity.*

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