



Colour me mindful

Colouring is a wonderful way to relax. It can also be a way to practice mindfulness. Give it a try.

- Notice the colour and smell of the crayon or marker.
- Be aware of the picture's design or shape.
- Pay attention to your breathing as you colour.
- Notice a thought going through your mind. Let it go. And bring your attention back to the act of colouring.
- Recognise any feelings you have while colouring.
- Note sensations like your fingers gripping a crayon. Or your feet touching the ground.

Find out more at
[AetnaInternational.com/apac](https://www.aetna.com/apac).



[AetnaInternational.com/apac](https://www.aetna.com/apac)

Aetna® is a trademark of Aetna Inc. and is protected throughout the world by trademark registrations and treaties.
Aetna does not provide care or guarantee access to health services. Not all health services are covered. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change. For more information, refer to www.aetna.com.

©2020 Aetna Inc.
46.07.393.1-AP (01/20)