

COLOR
yourself
CALM

SIGN UP
by August 1



EHAWELLNESS.ORG



EHA WELLNESS WORKS

COLOR YOURSELF CALM

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We all lead busy lives hurrying from place to place, multitasking at work, taking care of our families—the list goes on. Taking time to pause and be mindful can dramatically improve our well-being, helping us feel calmer and less stressed.

Allowing ourselves to simply be in the moment and clear our mind of distractions can be a challenge. This month, during the Color Yourself Calm challenge, you'll be able to turn your brain off for a while and enjoy a childhood activity—coloring. Instead of another thing to do, coloring can be wonderfully calming and meditative. Just for registering you'll receive your own coloring book to get you started!

Color, calm yourself and be mindful.

Register today at www.ehawellness.org!

CHALLENGE GUIDELINES - AUGUST 2018

- Color as a part of your effort to increase mindfulness.
- Improve and expand other mindfulness activities of your choice.



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