



American Heart Association®
Heart Walk®

COLOR ME MINDFUL

Keep this in Mind: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling our design with color.

No matter your age, practicing mindfulness and meditation techniques, like coloring, may help you manage stress and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease.

Meditation and mindfulness are practices — often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound — that help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life!

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