



BIRMINGHAM CITY
University

BEAT EXAM STRESS WITH COLOURING

Colouring is a helpful way to de-stress and a great way to take a break from revision. It's not just for kids too! Colouring for grown-ups is all the rage and experts have been shouting about the calming benefits for over a decade.

HOW DOES IT WORK?

Sometimes when you're trying to remember a fact but you can't think of the answer, it will only come to you later when you're doing something else entirely. By focusing on an activity like colouring, you can prevent negative and unhelpful thoughts from entering your mind. It can reduce anxiety and help you concentrate and be more mindful!

