



LIFE IN COLOR



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



LIFE IN COLOR

Coloring is an activity for all ages and has therapeutic benefits. It can help foster wellness, quietness, creativity and development of a positive outlook. Research shows that when an adult colors repetitive patterns they experience some level of mindfulness and can achieve a meditative state.

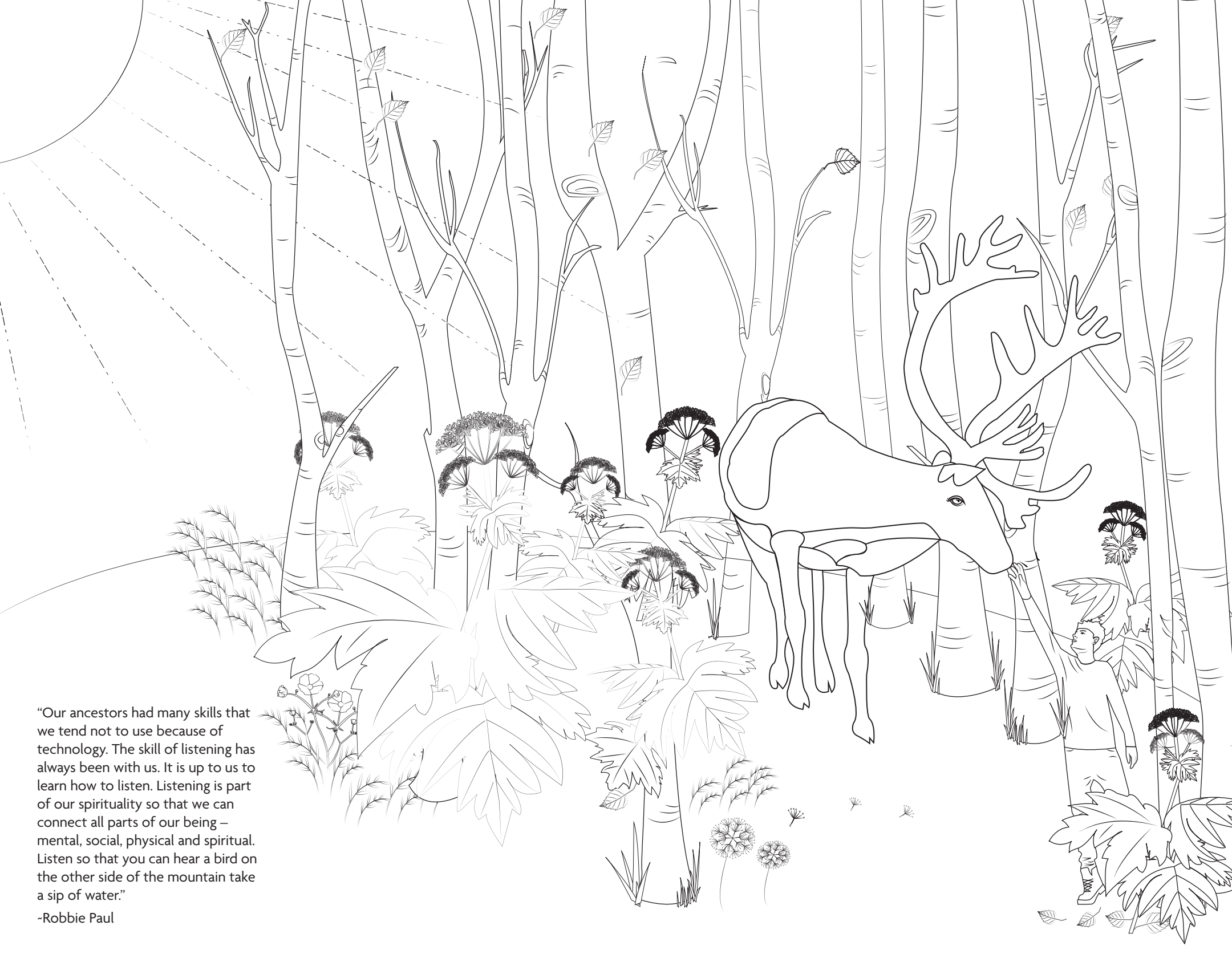
Within this coloring book you will find various coloring themes, as well as prompts to sketch or write your own narrative. As you work through these pages, we invite you to pause and consider what each theme means to you and how you are positively affected by it. At the end of the book you will find tips to help you set goals!

The art of expression can be a powerful tool in helping people to heal or move through difficult emotions that may feel overwhelming. In the event you would like to talk to someone, please contact carelinealaska.com or call them at 1-877-266-4357.

Begin your coloring adventure!

ACKNOWLEDGMENTS

This book was developed in partnership with Alaska Native Tribal Health Consortium staff and Alaska Native illustrating artist Danielle Larsen.

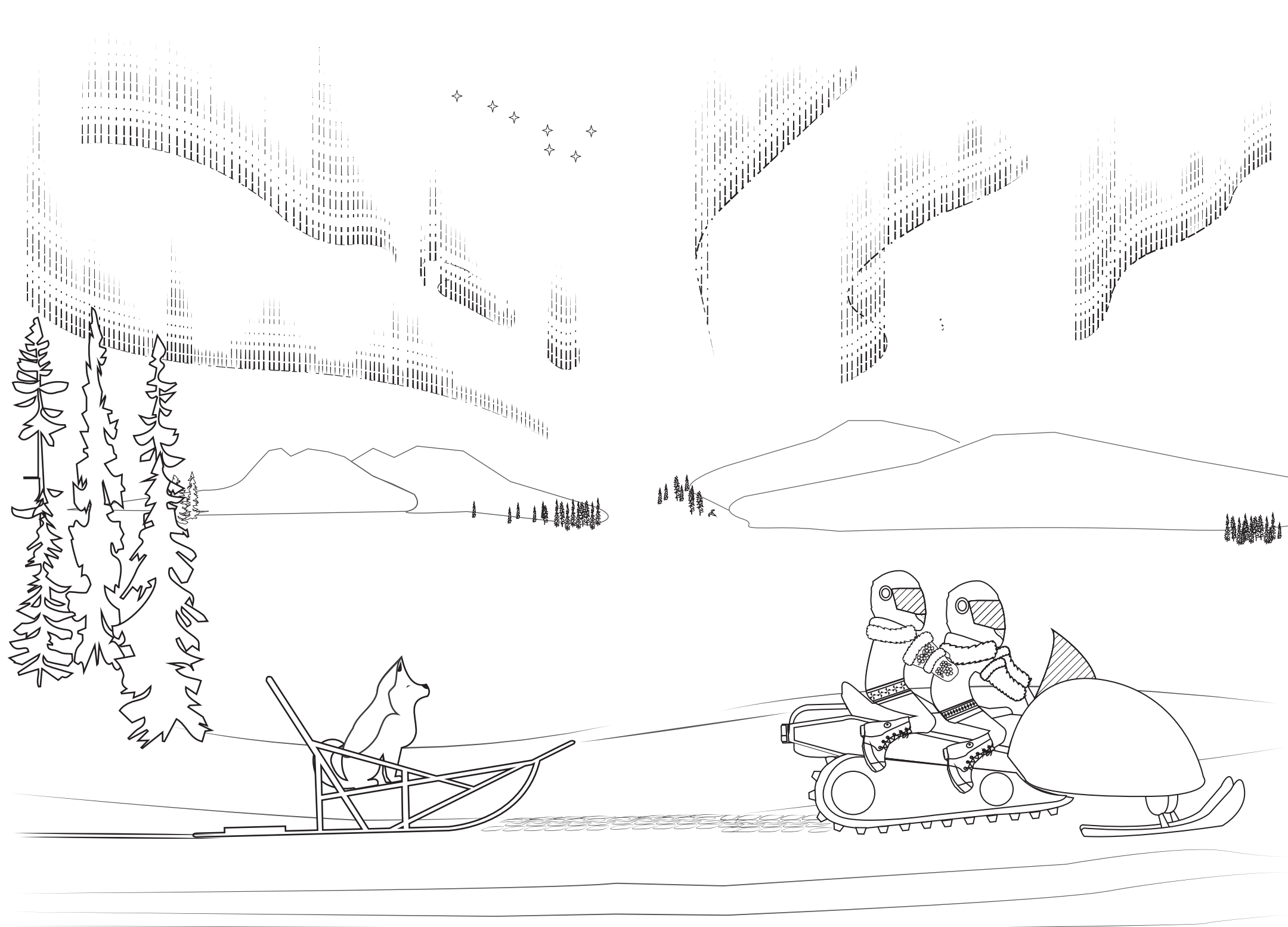


“Our ancestors had many skills that we tend not to use because of technology. The skill of listening has always been with us. It is up to us to learn how to listen. Listening is part of our spirituality so that we can connect all parts of our being – mental, social, physical and spiritual. Listen so that you can hear a bird on the other side of the mountain take a sip of water.”

-Robbie Paul



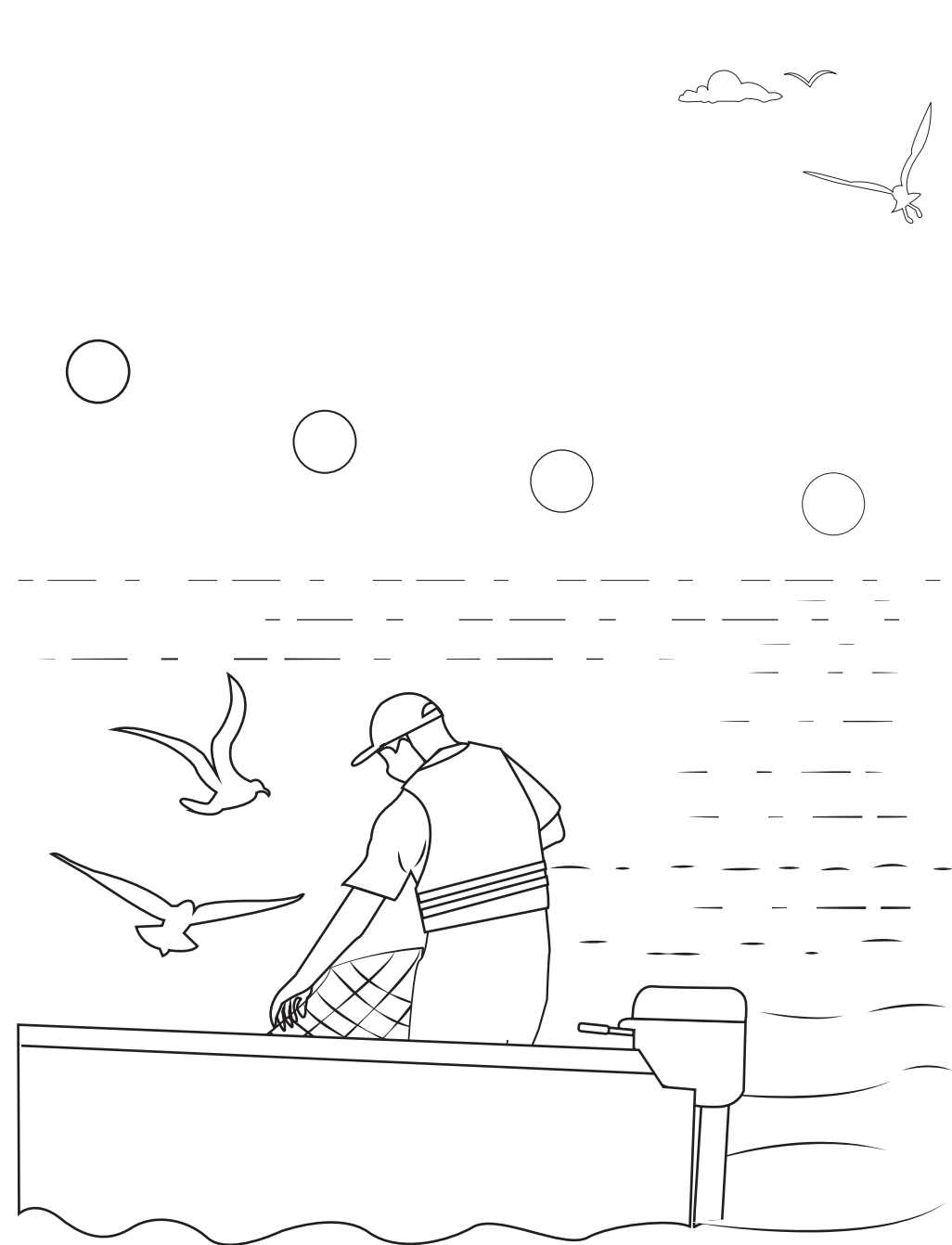
Art therapy can be a great way to relax. Draw outside! Working outside can be a fun way to get in touch with nature while you're working on art. Draw scenic landscapes inside the salmon.



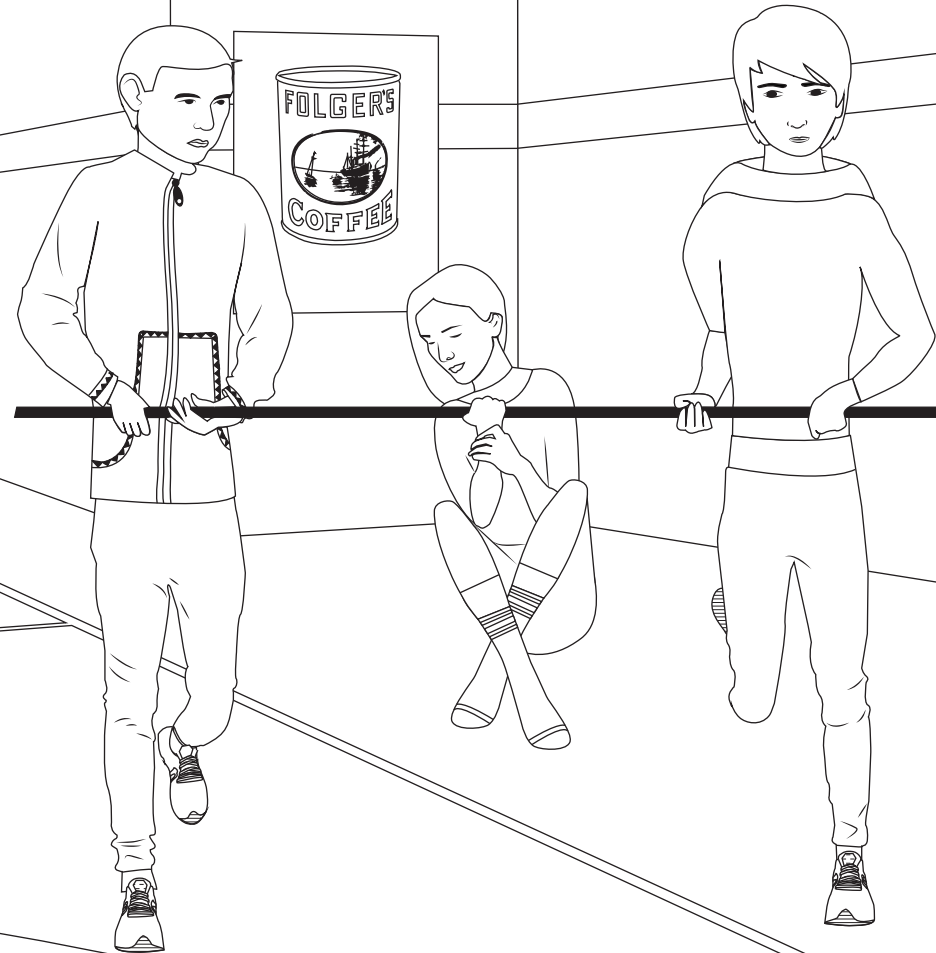
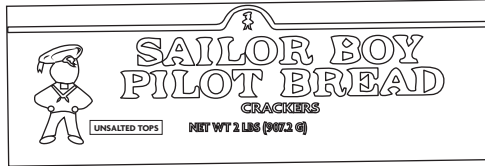
Get outside: being in nature is shown to reduce negative thoughts and boosts physical and mental well-being!



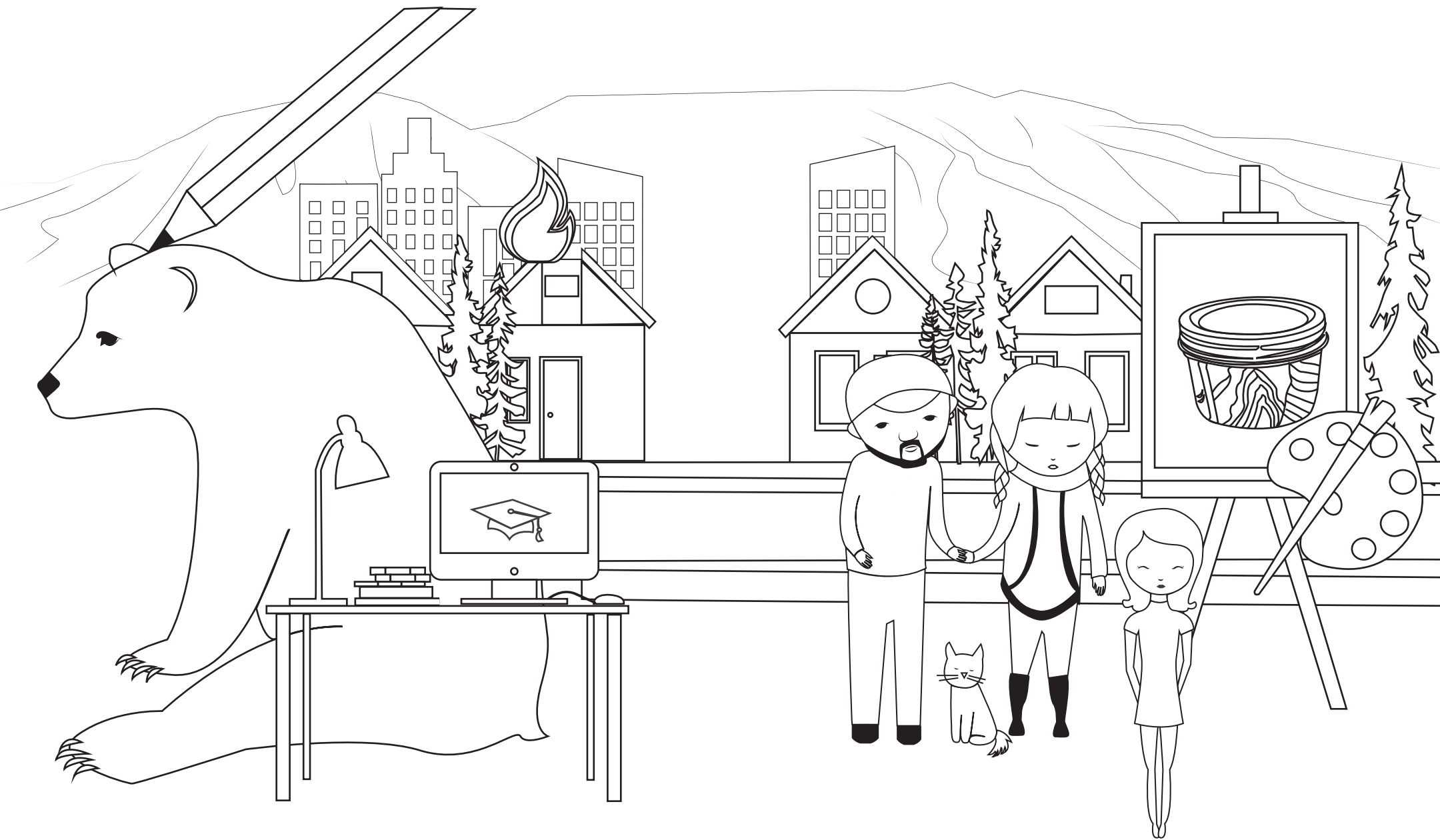
Like an octopus that moves freely through the water, allow your pen to move freely around, drawing lines that divide paper into individual sections. Start filling sections with a repetitive pattern. Don't spend time planning a pattern, just let go and see what you ink!



Whether you are fishing, skinning, mending lines or stoking fires, being in nature and giving thanks for what it provides builds positive connection between self and the environment.



“We can only be what we give ourselves the Power to Be.” Native American Proverb. Give yourself the Power to be strong and resilient, and the permission to be peaceful!

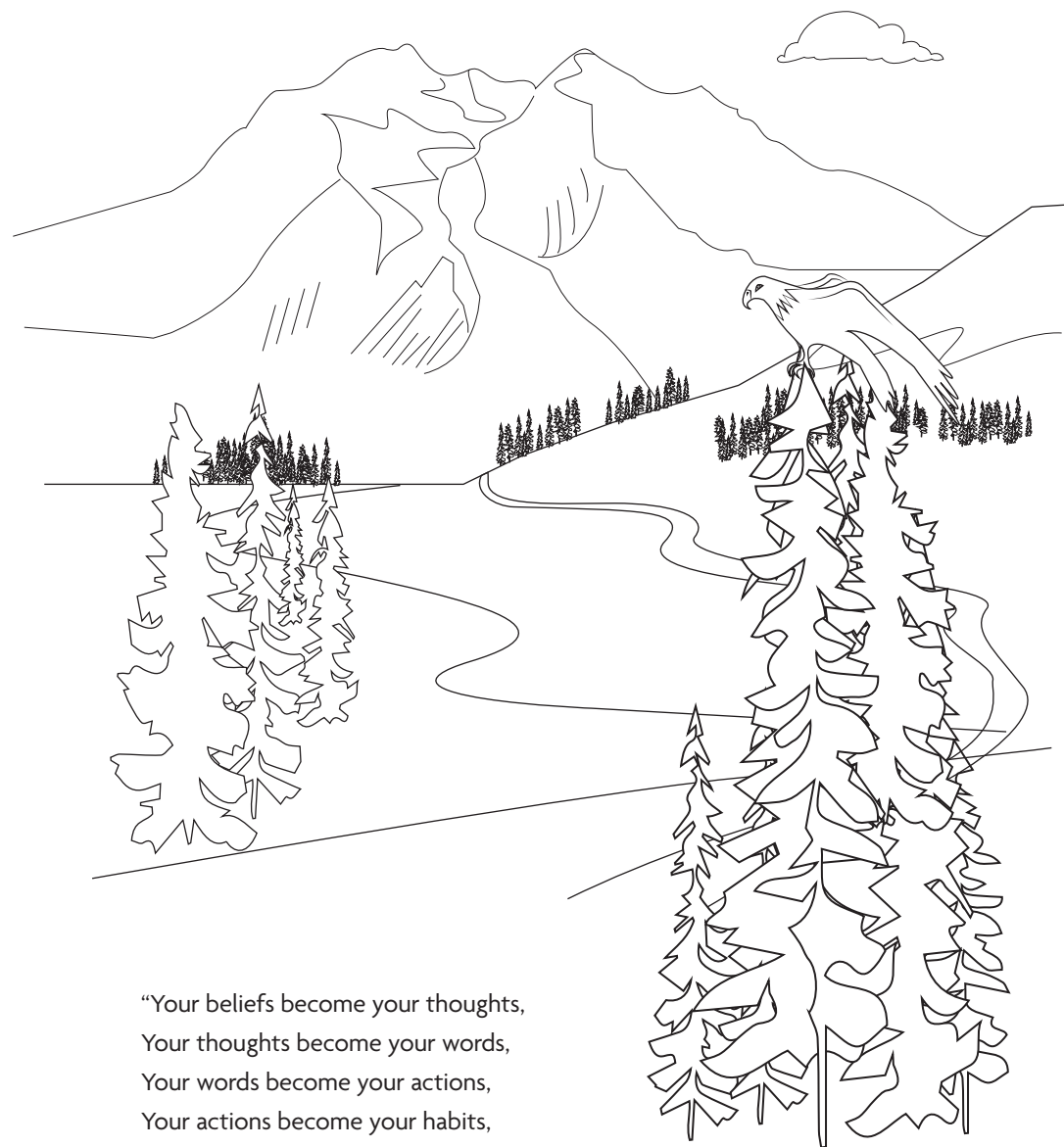


This illustration is a self-portrait by the artist, Danielle Larsen, which gives a picture of her past, present and future. The drawing is a reflection of her family, a house fire, living in the city, graduating from college, a bear representing her father, and her job as an artist designing and painting. While she was going through a difficult time because of a house fire, she also had good things happen in her life such as a new job and graduating from college.

Remember, bad things don't cancel out the good, we just have to look harder to recognize that there is still good when we are feeling bad...

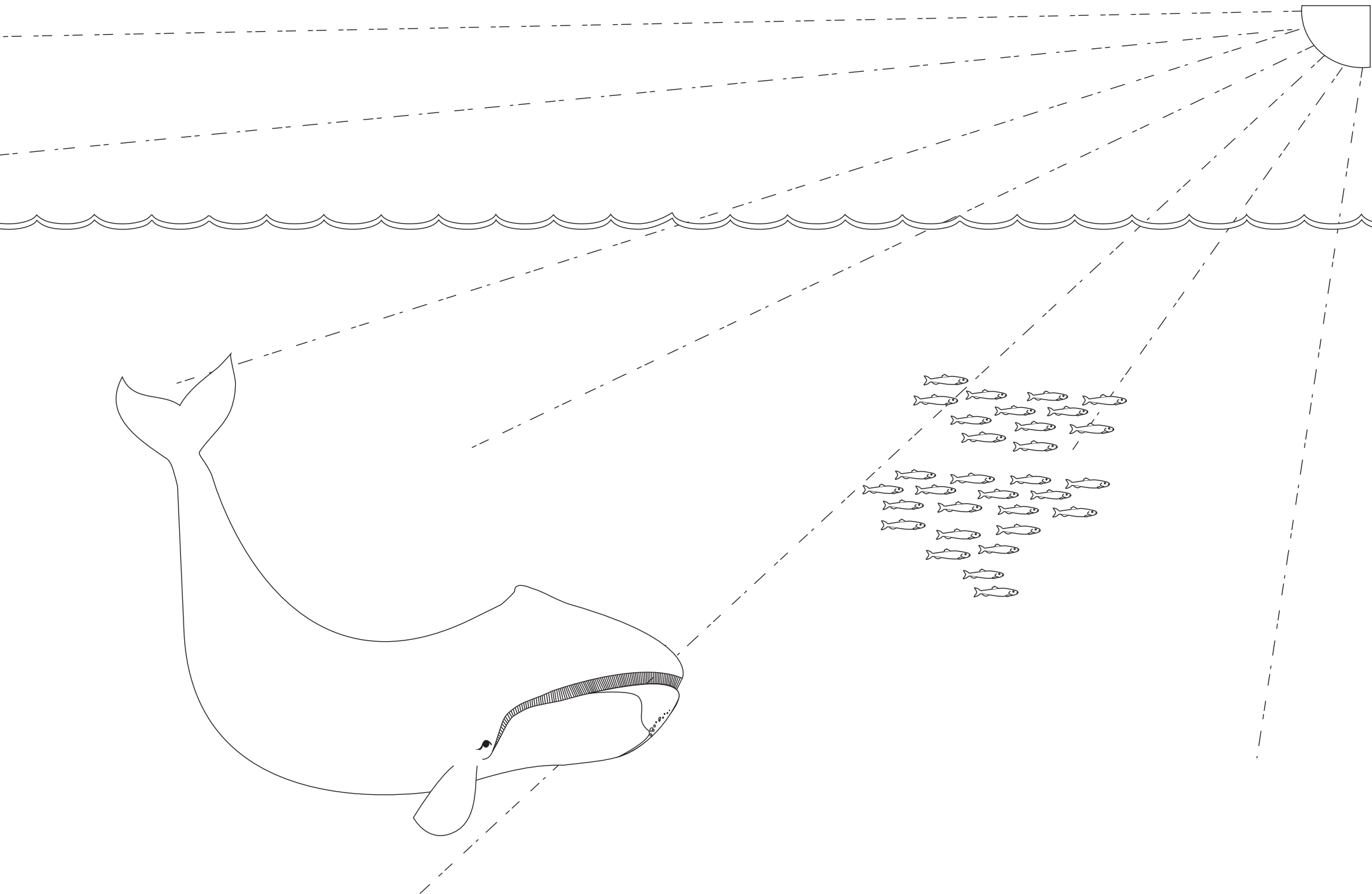


It takes extra effort to think positively and our thoughts shape our reality, so positive thinking is critical for happiness. Make thinking positively a daily practice. You can begin now by sketching and coloring positive words and images to complete the scene.



“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

-Mahatma Gandhi





A positive project to help make thinking positively a habit.

You will need a clear jar and different colors of paper. Each day, write down at least one positive thing and put it in the jar. Maybe today you are grateful for the beauty of the natural world, a happy feeling, a surprise gift/visit, a funny moment or simply that you got up and tried again. This is your positive project. Look at the jar, see the color and be reminded of the good things in your life, of your own goodness, and smile.



Setting goals is clearly stating what you want to happen and what you have to do to get there. Keep your goals simple, doable and relevant to what you want to do with your life.



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