Stress Relieving Animal Designs by Dan Morris

<https://www.amazon.com/Adult-Coloring-Book-Relieving-Designs/dp/1945710799>

Adult coloring is not different than ‘children’s coloring, except with the type of books and coloring utensils used. With adult coloring, you get to use books that are more suitable for adults, from fairy gardens and curse words, to books like this one where you have different animal designs.

Another major difference is that you can use colored pencils to accomplish more advanced finished results, as opposed to crayons. This book not only provides some fun animal patterns, but these are also great for relieving stress and anxiety.

**About the Stress Relieving Animal Designs Coloring Book**

You will find a lot of variety when you look for adult coloring books, from the types of images each page has, to how intricate the pattern is. If you are looking for a coloring book specifically to help with your mental health, it is good to start with ones that advertise stress relief or reducing anxiety.

While most coloring books help with this to some extent, ones like Stress Relieving Animal Designs are careful with how their patterns are created. This book has 50 different animal patterns that are different sizes, working well for everyone. There are some intricate designs if that helps to distract your mind, but also some more basic patterns that won’t cause more anxiety or stress.

Not only does it have beautiful animal designs, but you will find different landscapes, including deserts, oceans, and forests. The pages are thick with no images on the back, so no need to worry about bleeding through.

**Tips for Benefiting From this Coloring Book**

If you want to use this type of coloring book for stress relief or anxiety, start slow. Pick the first page that jumps out at you as something you would love to color. The pages don’t have designs on the back, so you can use just about any type of colored pencil or coloring tool you want.

Try to focus more on what you are coloring, picking the next shade, and enjoying the image in order to really benefit from stress relief. Do this in a quiet, relaxing place where you are able to just sit and color, and possibly listen to some relaxing music or ASMR if that is something you’re interested in.

Turn this into a quiet and relaxing activity if you really want to use it for stress relief.