



color + relax + journal

Sanctuary Toolkit



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Coloring calms the brain + helps the body relax.

color me

Journaling + Coloring Reduces Stress and Unleashes Creativity

In the realm of mental health, clinical psychologists have discovered that engaging in creative activities, such as coloring + journaling, can have a profound impact on our nervous system. These practices help alleviate anxiety, reduce stress levels, enhance cognitive functions like memory and IQ, and serve as generative tools for healing trauma and promoting overall wellbeing.

Didya know the state of play in your nervous system is the biochemical opposite of trauma?

Dare to breathe in shalom, stimulate your imagination + encourage neural pathways associated with coloring as a creative, healing state of play and rhythmic ARTvocracy, personally + collectively.

Coloring calms the brain and helps the body relax by focusing awareness on the present moment. Moreover, it can increase the production of dopamine, a neurotransmitter associated with feelings of pleasure + reward. This can improve sleep, and enhance mood while decreasing fatigue, body aches, heart rate, respiration, and feelings of depression and anxiety.

Perimenopause, Menopause, and Beyond: As we navigate our soulful transitions, research emphasizes the importance of creative and relaxing practices for managing stress + mood changes. While coloring may not directly alleviate menopause symptoms, embracing activities that amplify peace and play is essential. No matter where you are on your soulful transitions, engage in coloring as a therapeutic tool, granting yourself moments of childlike wonder amid life's ebbs + flows.

May this meditative journaling + coloring guide support you in nurturing your peace. Feel free to pass it along to another sistah who might also benefit from its calming soothe.

Shalom,
Pastor Angie




My shalom
I give to you.
John 14:27
color me

Tending to me, guilt-free.

color me.



with love, from mohawkmommaStudio. 

In this moment, tending to me looks like...
Journal your response

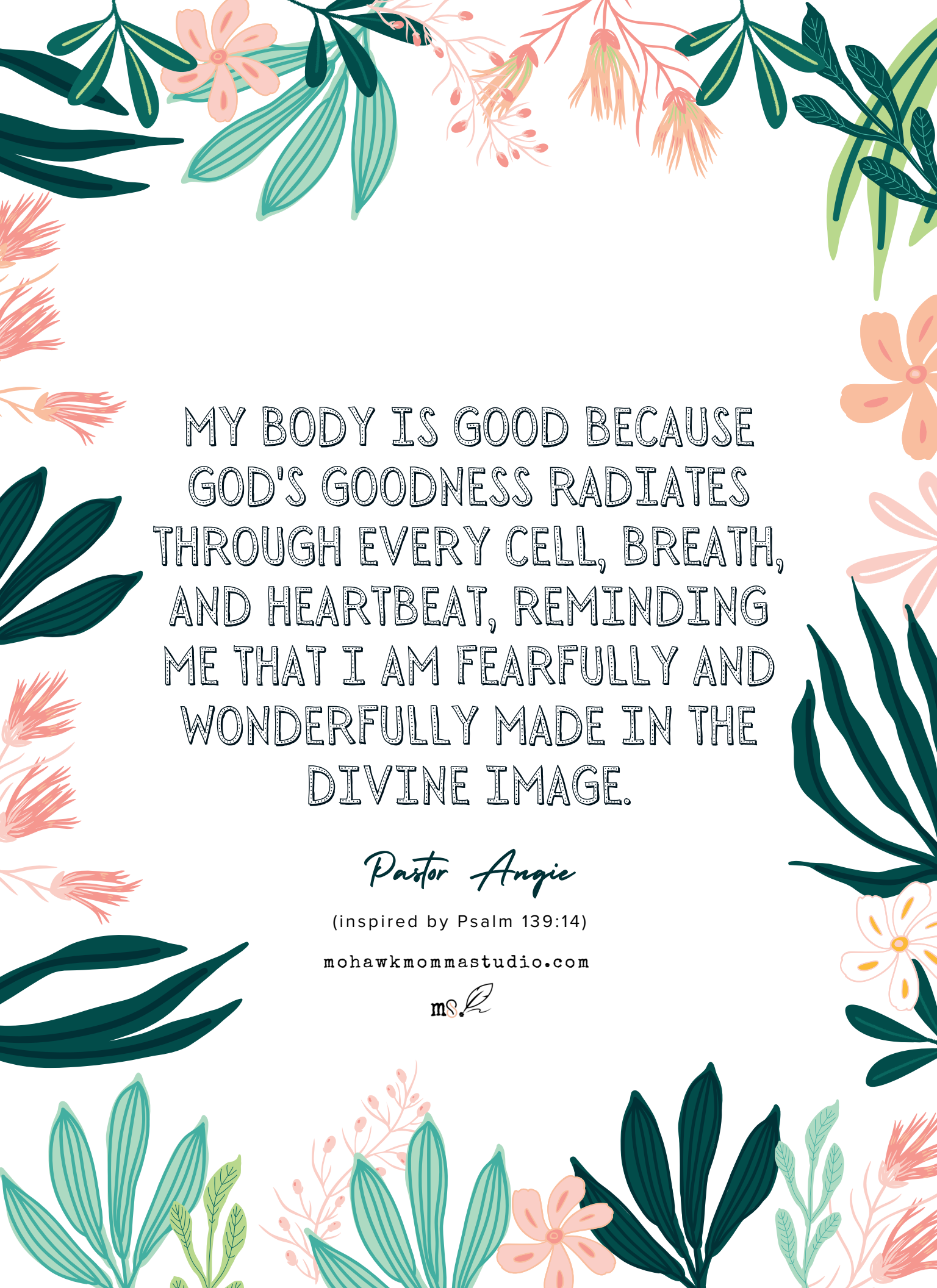


flourishing color me.

...is like the life of a cactus, it blooms at night to conserve water + energy. This is a soul care reminder that blooming is about peace, not performance.

In what way(s) can you nourish a mindset of conserving your energy + inner resources, allowing yourself to bloom with peace rather than striving for constant performance?

Journal your response



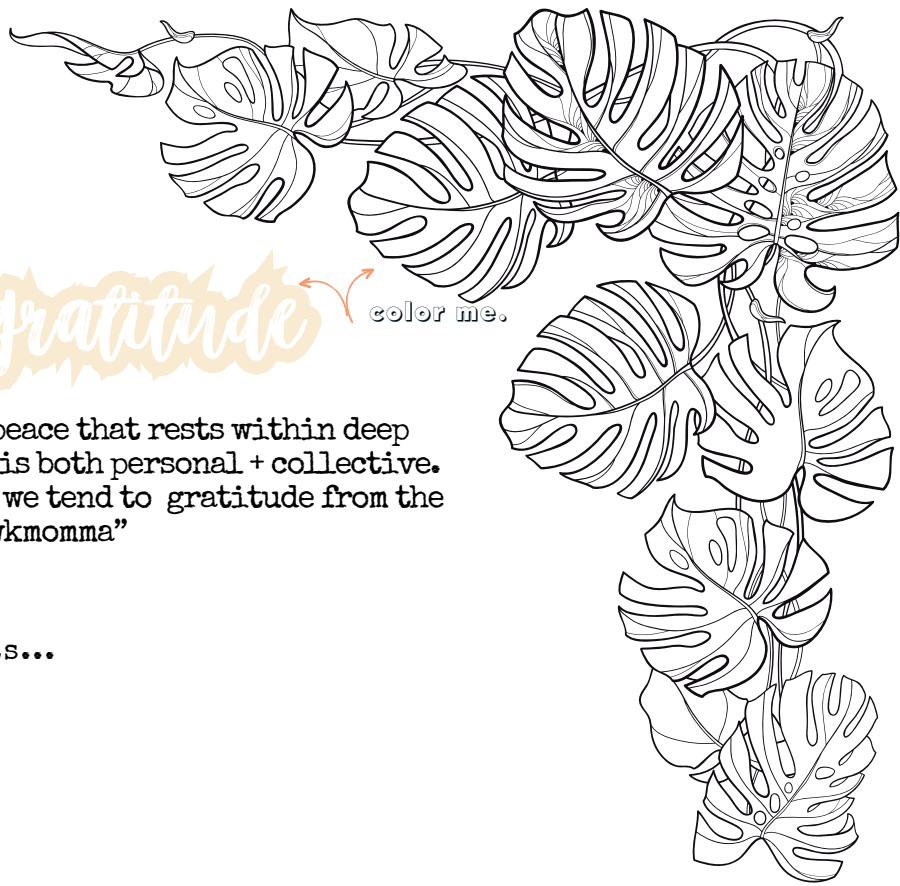
MY BODY IS GOOD BECAUSE
GOD'S GOODNESS RADIATES
THROUGH EVERY CELL, BREATH,
AND HEARTBEAT, REMINDING
ME THAT I AM FEARFULLY AND
WONDERFULLY MADE IN THE
DIVINE IMAGE.

Pastor Angie

(inspired by Psalm 139:14)

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ms. 



flourish in gratitude

color me.

“Gratitude opens me up to peace, a peace that rests within deep connections, whereby flourishing is both personal + collective. Like Monstera leaves, we unfurl as we tend to gratitude from the inside out.” – Pastor Angie, “Mohawkmomma”

Dear Me,
I’m grateful for all these gifts...



color me.

SOULjourner, over time, color the Monsteras + jot down your gratitude in all the white spaces.

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