

# Anxiety Colouring & Doodling Book

*Calm your mind — one stroke at a time*

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## Welcome & How to Use This Book

This colouring and doodling book has been lovingly created to help you find moments of calm amidst anxiety. Art-making — even simple doodling — activates the parasympathetic nervous system, lowering cortisol and quieting the racing mind.

You do not need to be an artist. There is no right or wrong here. Simply pick up a pencil or crayon and let your hand move freely.

### HOW TO USE THIS BOOK:

- Find a quiet, comfortable space.
- Take three slow deep breaths before you begin.
- Let each page be a mini-meditation.
- Write how you feel before and after each session.
- Use any colours that feel right to you.

Remember: every moment of creative expression is an act of self-care.

# Understanding Anxiety

## What Is Anxiety?

Anxiety is your body's natural alarm system — a response to perceived threat or uncertainty. It involves physical sensations, thoughts, and behaviours that prepare us to face challenges.

### COMMON SIGNS OF ANXIETY:

- Racing heart or pounding chest
- Tight chest or shallow breathing
- Racing or looping thoughts
- Muscle tension or restlessness
- Difficulty concentrating
- Avoidance of feared situations

ANXIETY IS NOT DANGEROUS — it is uncomfortable, but it passes.

Your body cannot stay in a state of high alert forever.

Colouring and doodling help interrupt the anxiety cycle by grounding you in the present moment.

## The Anxiety Cycle & How Art Breaks It

Trigger → Anxious Thought → Physical Sensation → Avoidance → MORE anxiety.

Creative activity interrupts this cycle at multiple points:

- It shifts attention from threat to task (thought interruption).
- Fine motor movement calms the nervous system.
- Completing something — even a small doodle — builds self-efficacy.
- Colour choices give you control when life feels uncontrollable.

RESEARCH NOTE: Studies show that 20 minutes of mindful colouring reduces anxiety scores significantly — comparable to a short meditation session.

My intention for today's session:

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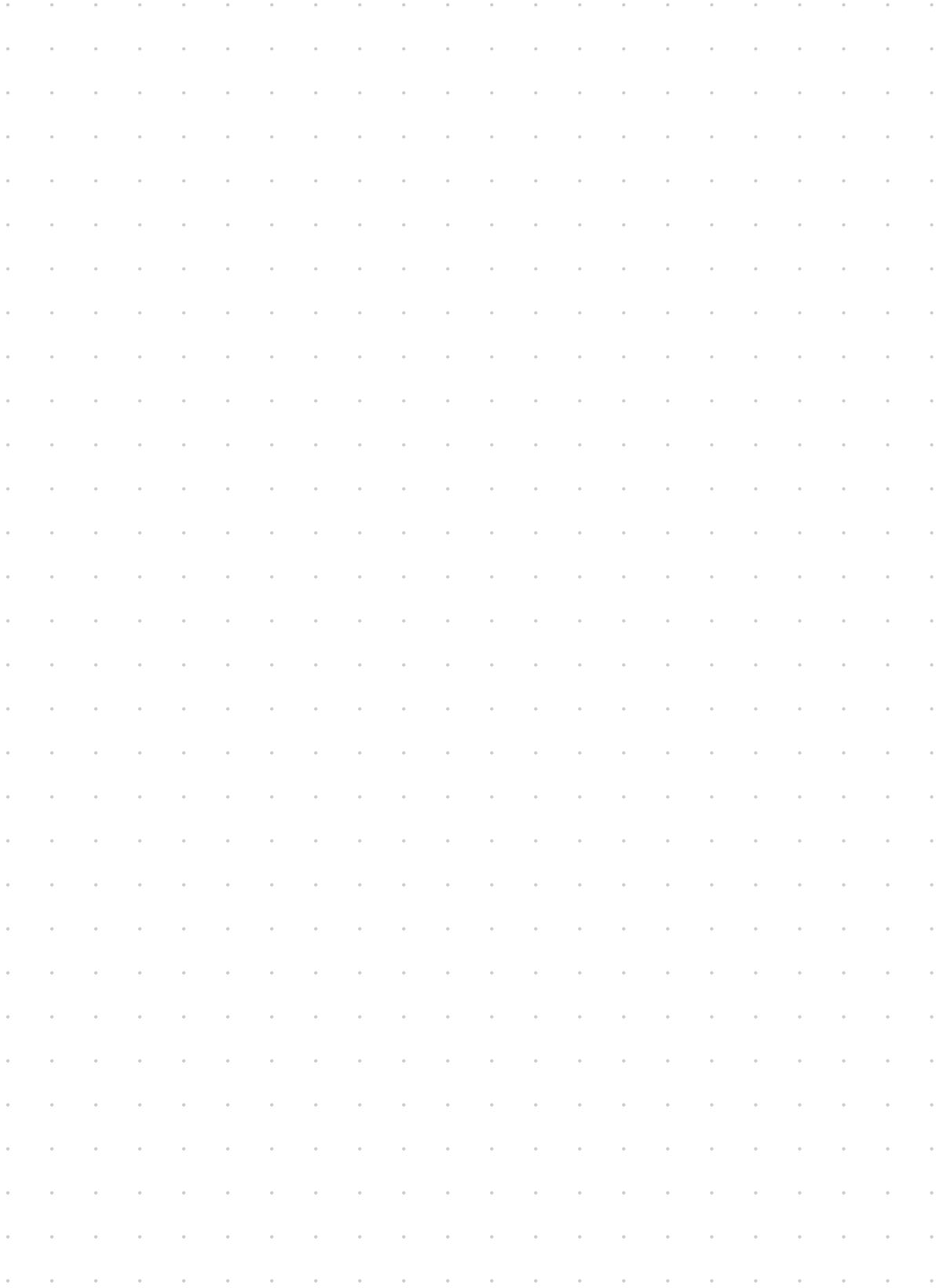
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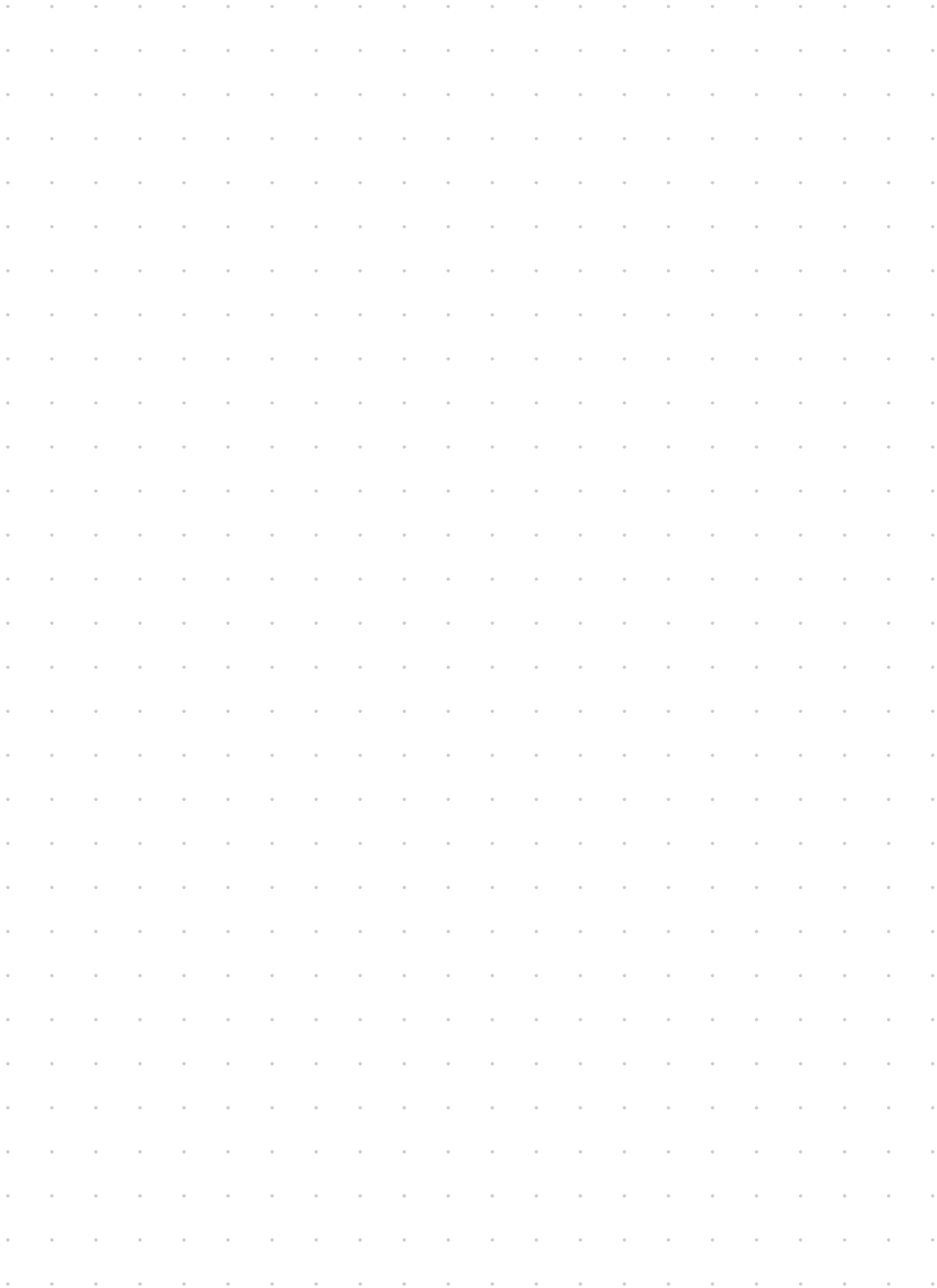
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# Breathe & Doodle

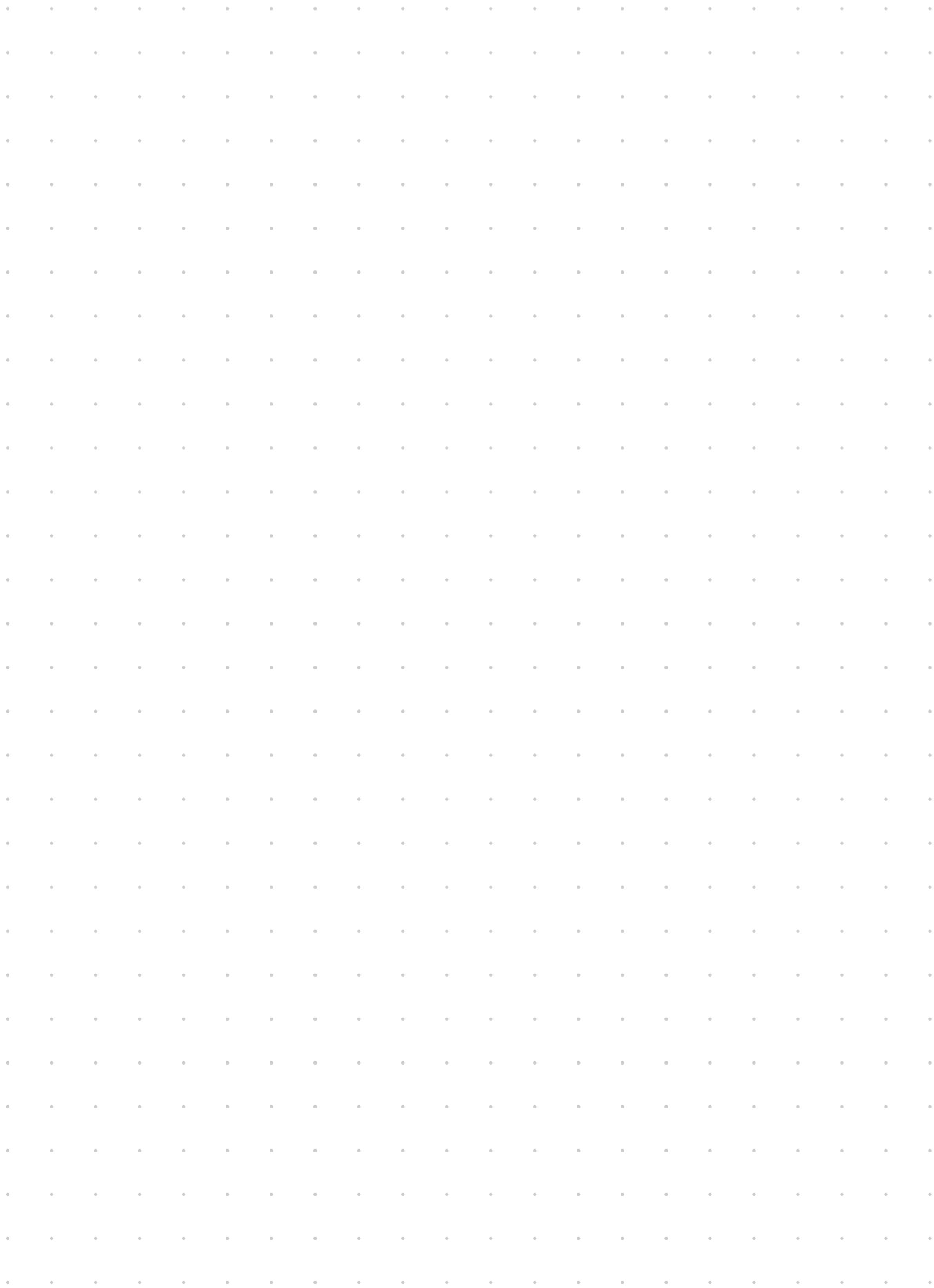
***Doodle your breath: draw a line that goes up as you inhale, down as you exhale.***



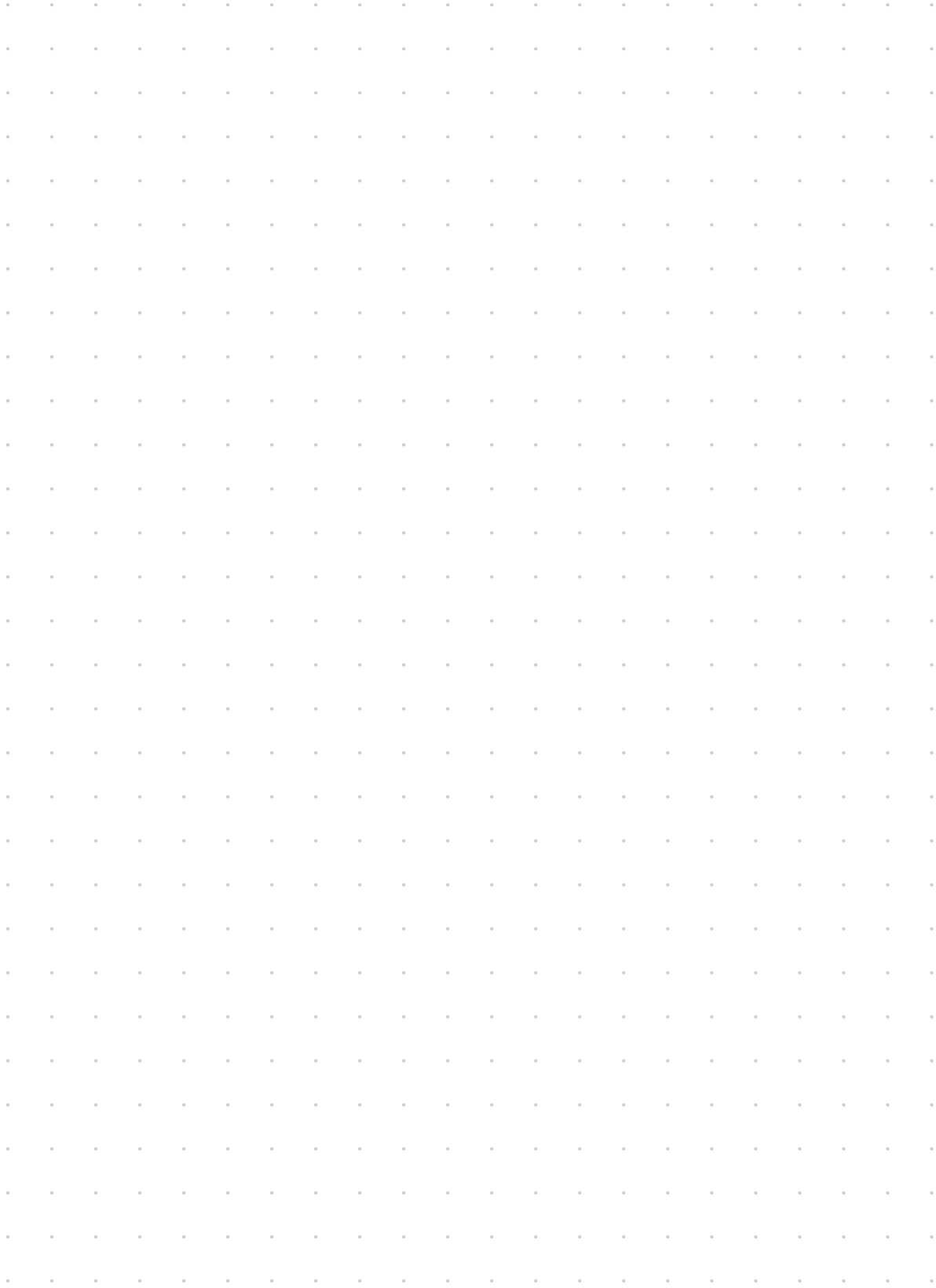
*Fill this space with soft, rounded shapes — circles, ovals, clouds.*



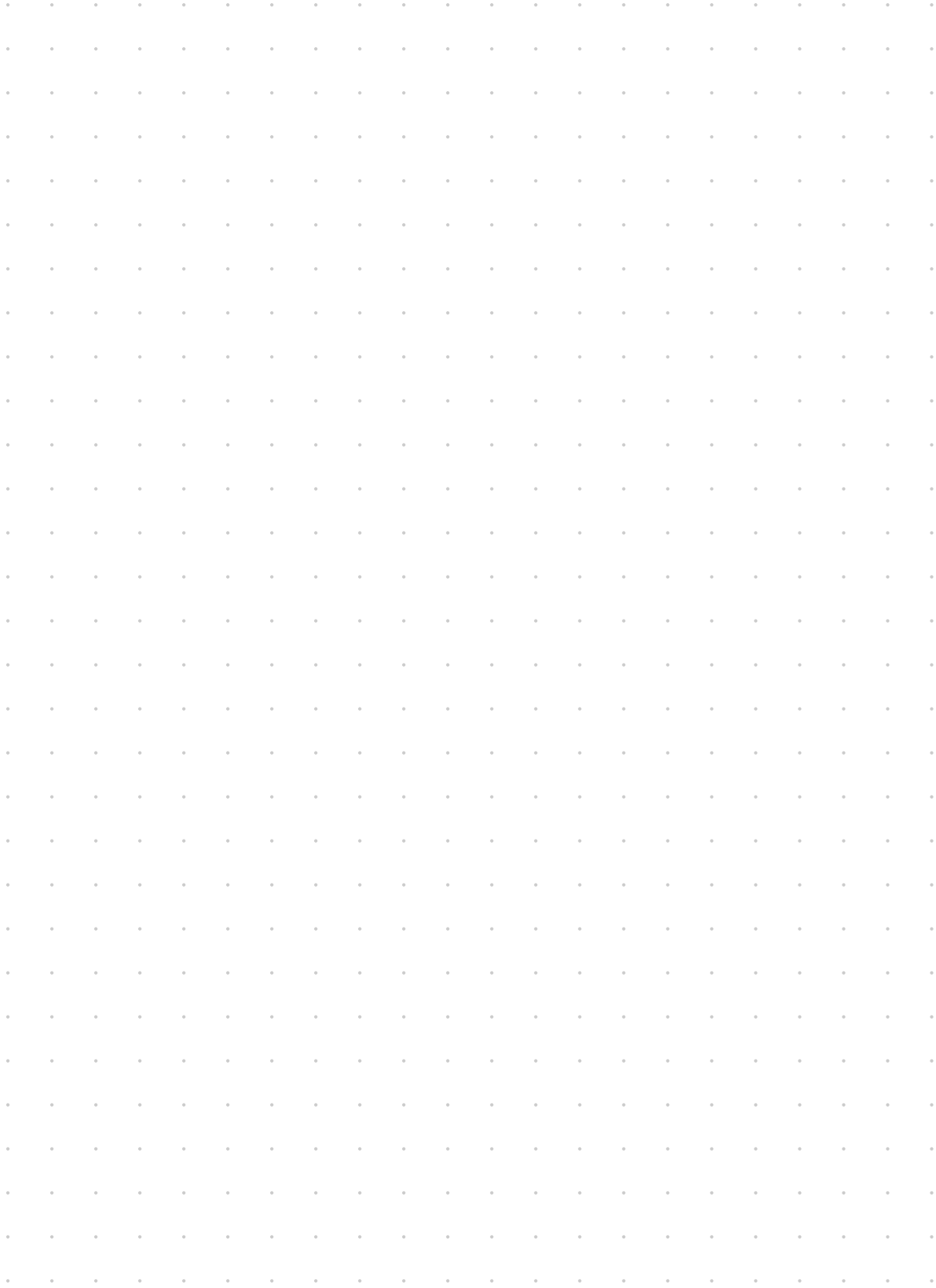
*Draw your safe place. It can be real or imaginary.*



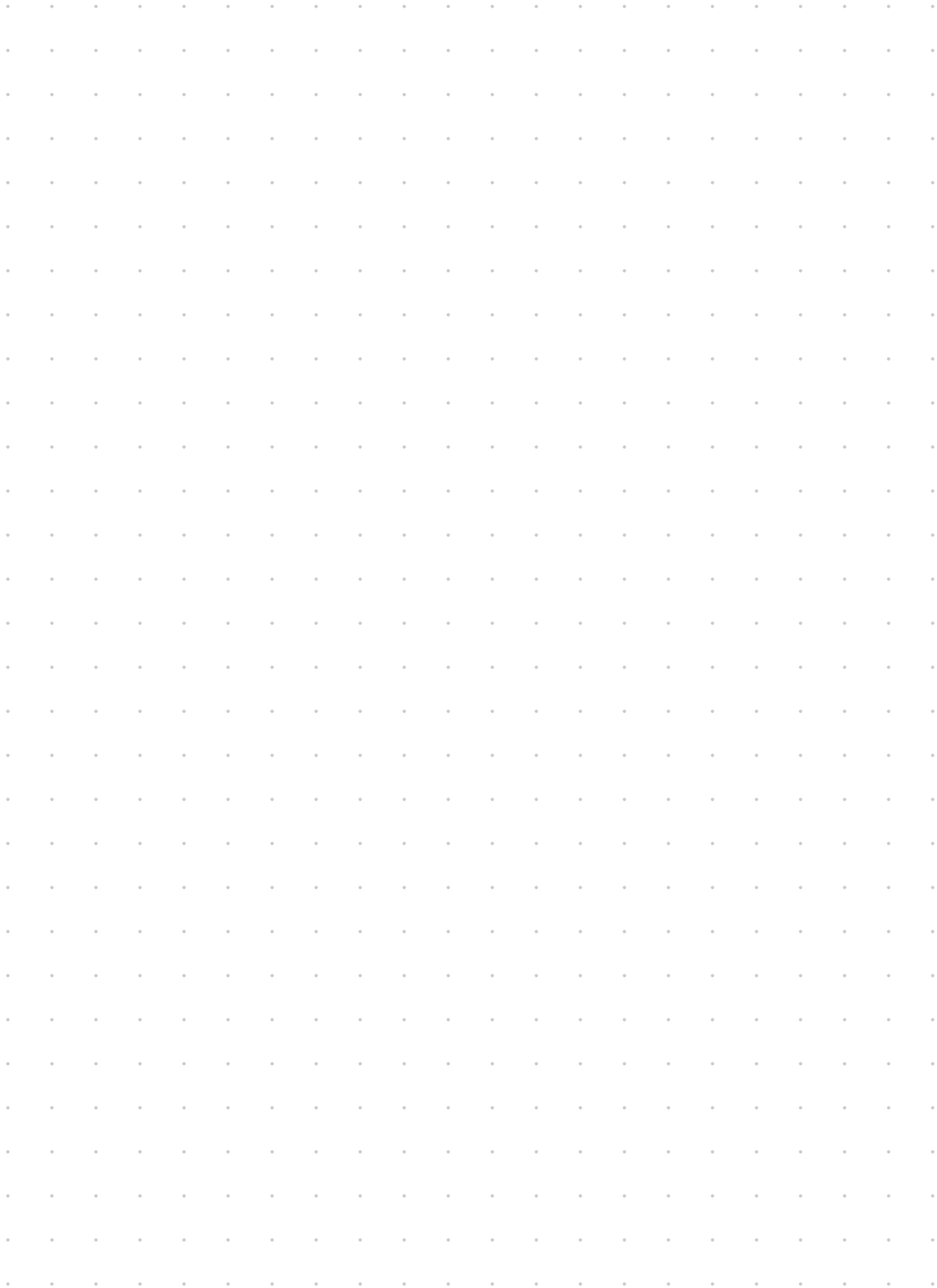
***Doodle everything you are grateful for today, however small.***



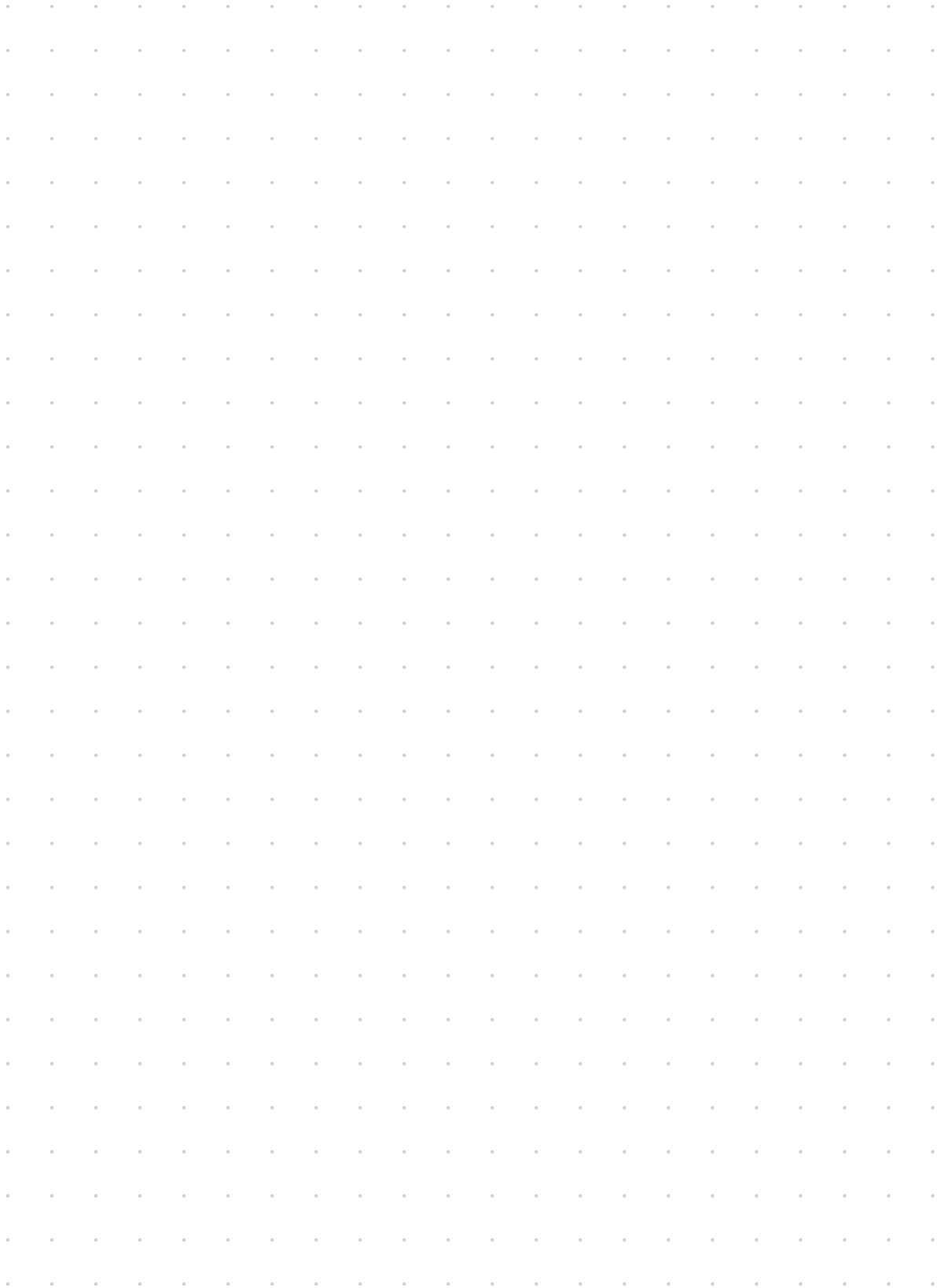
*Colour this page with colours that feel soothing and safe to you.*



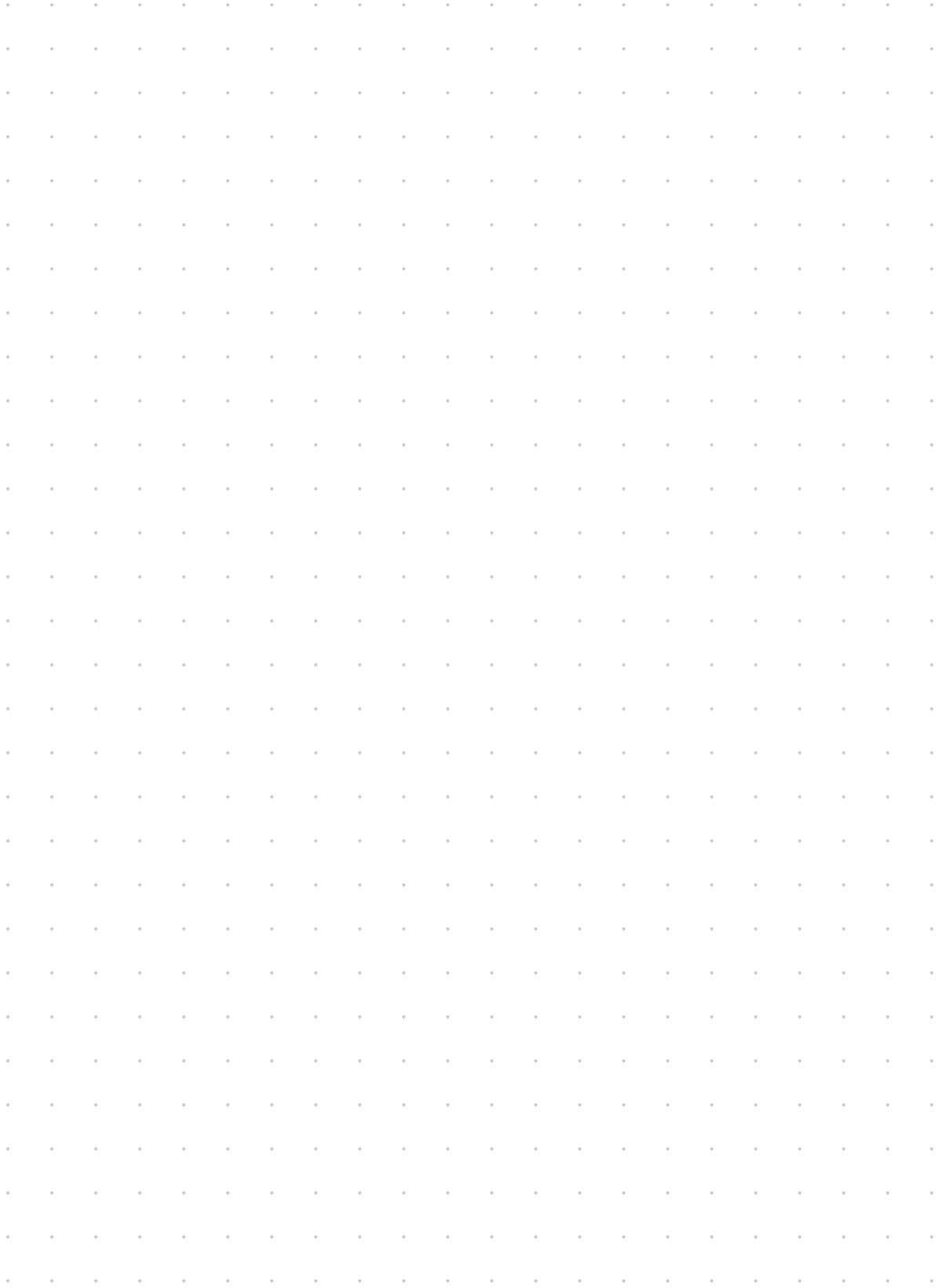
*Draw patterns that repeat — stripes, dots, waves, spirals.*



*Doodle your anxiety as a shape, then slowly transform it into something beautiful.*



*Fill the page with tiny flowers, leaves, or stars — whatever feels peaceful.*



# Grounding Through Art

## The 5-4-3-2-1 Colouring Technique

Use this technique when anxiety spikes. Before you colour each section, pause and notice:

5 things you can SEE right now — name them.

4 things you can physically TOUCH — notice their texture.

3 things you can HEAR — near and far.

2 things you can SMELL.

1 thing you can TASTE.

Now pick a colour for each sense and add it to the doodle page that follows.

Let the act of choosing colour anchor you to the present.

What I noticed:

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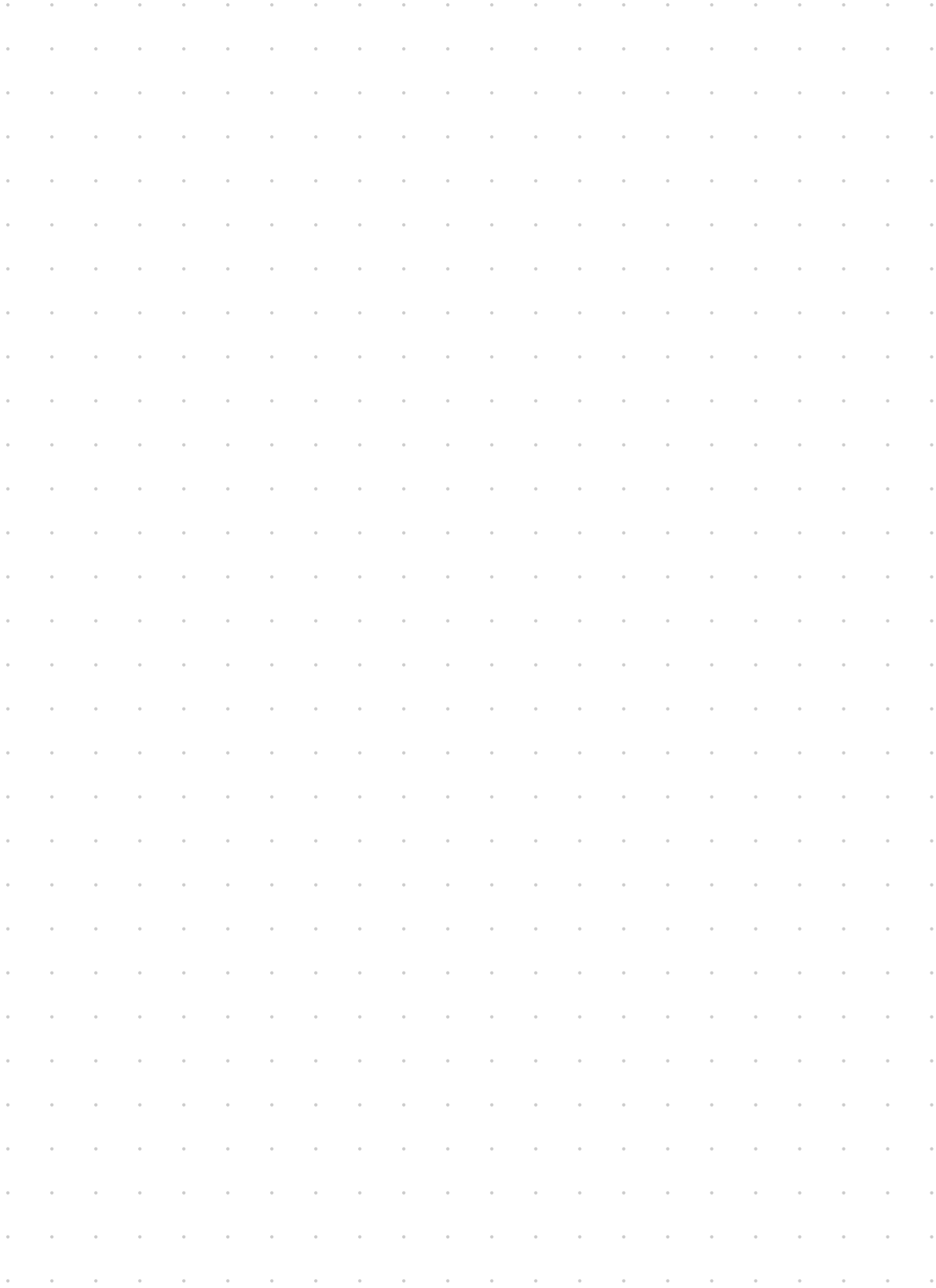
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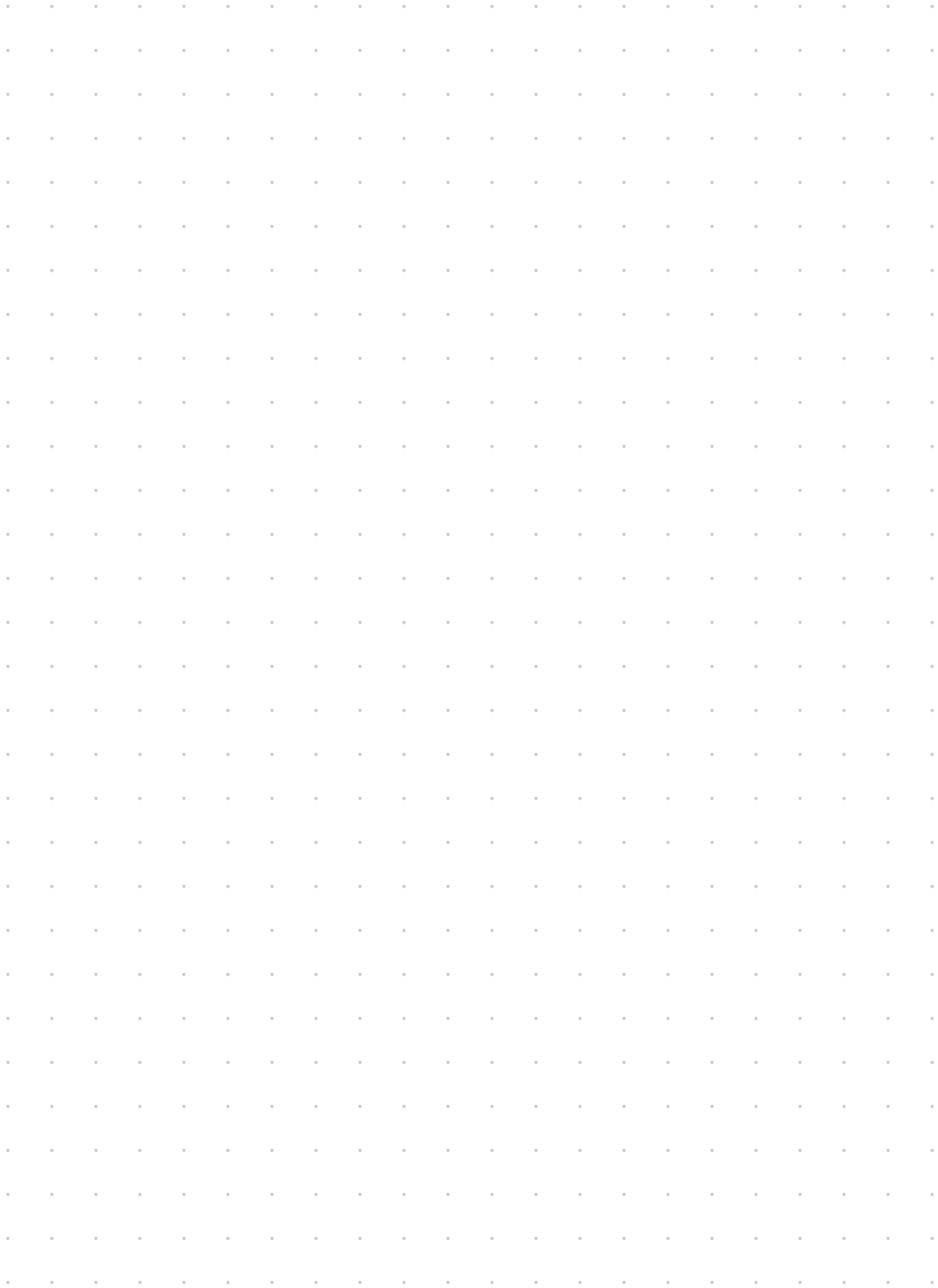
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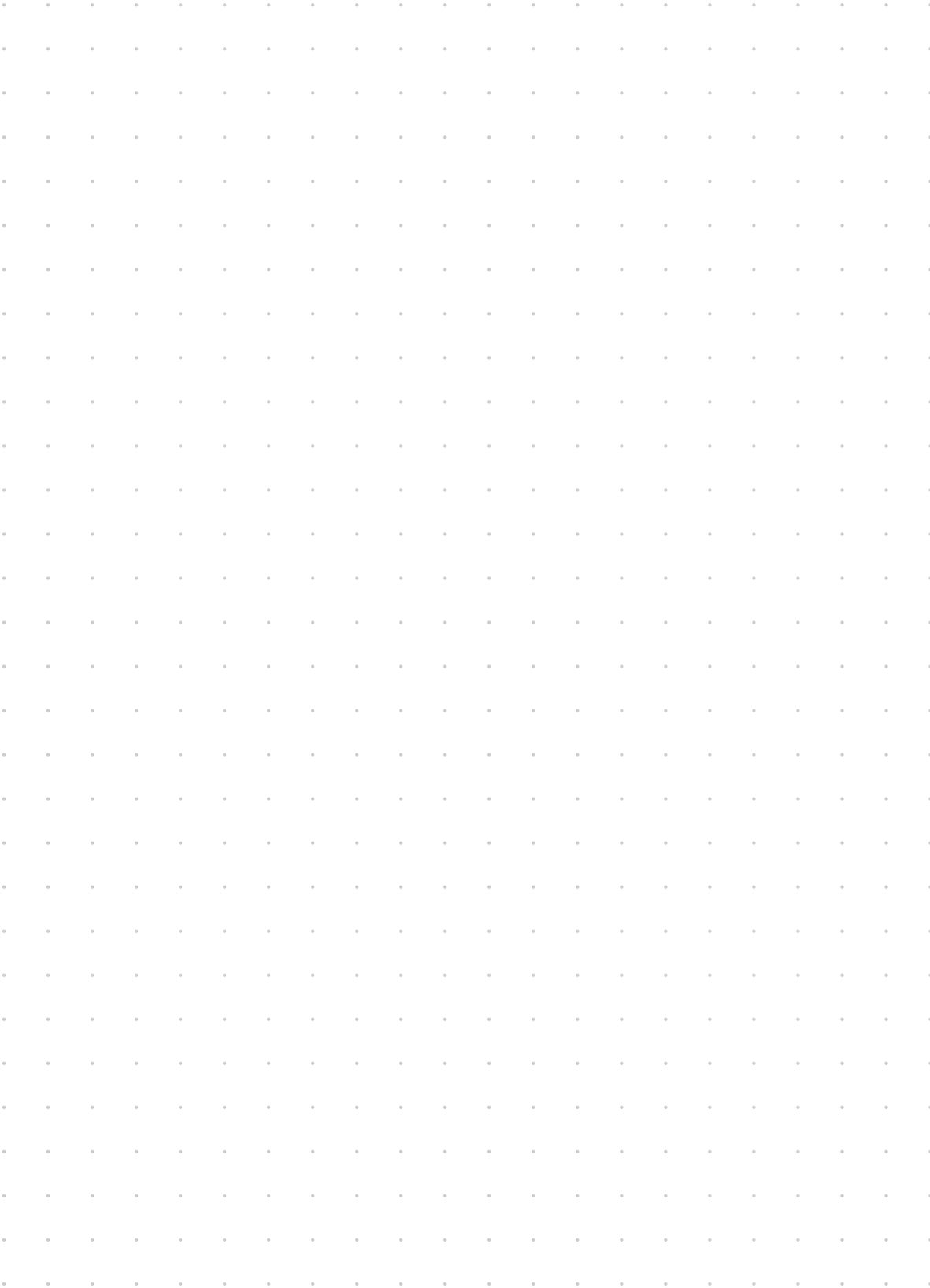
**5-4-3-2-1: Colour each section a different sense-colour.**



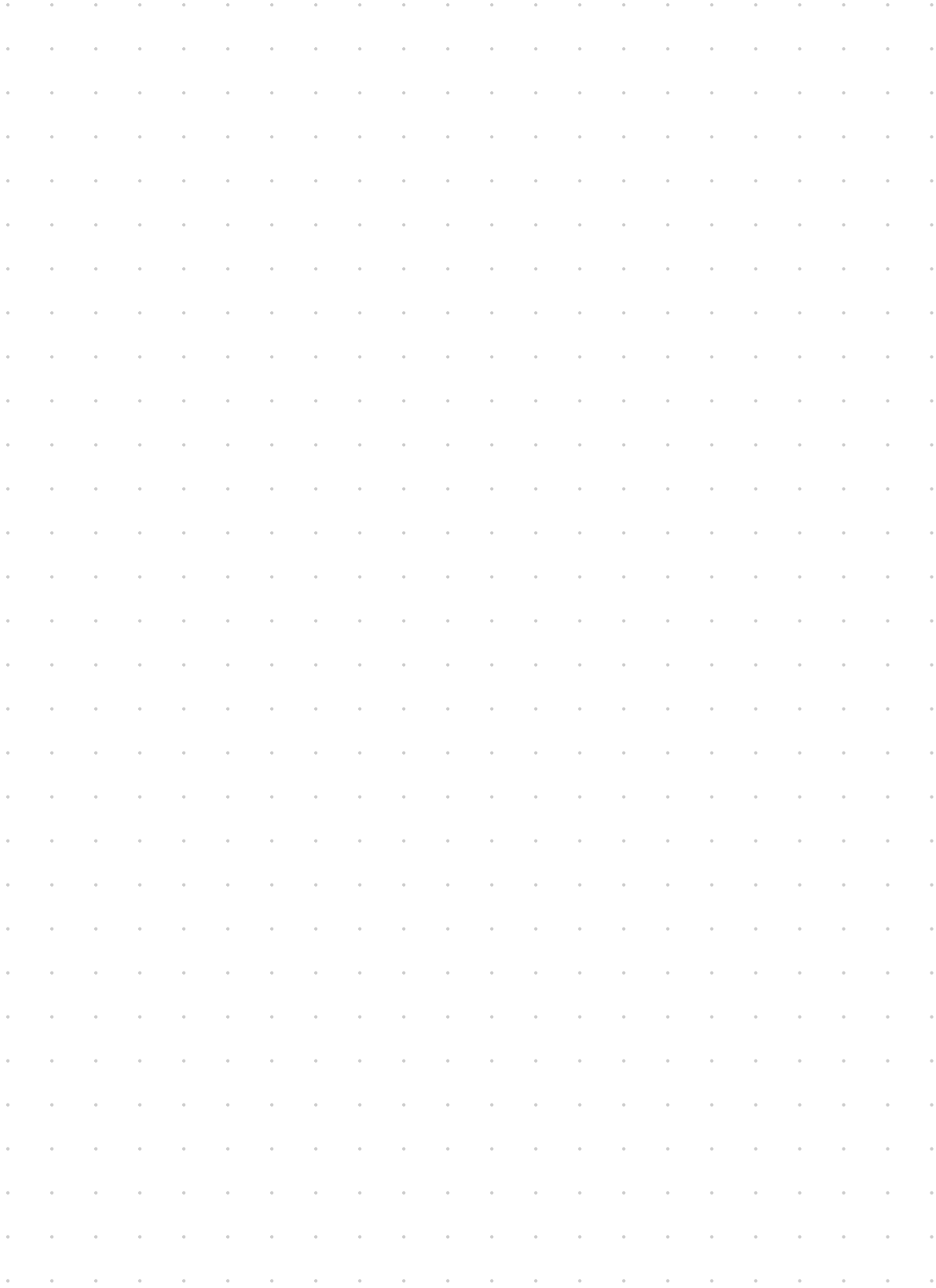
***Draw your body outline and shade where you feel anxiety — then add light.***



**Create a mandala — start from the centre and work outward.**



*Fill this page with every colour you love.*



# Colour Your Affirmations

**Affirmation: "I am safe in this moment."**

Write or doodle this affirmation 10 times in beautiful lettering.

Colour the background of the box below and write or trace the affirmation.

Say it aloud three times as you colour.

How do you feel after spending time with this affirmation?

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**Affirmation: "This feeling will pass."**

Decorate these words with swirls and soft patterns.

Colour the background of the box below and write or trace the affirmation.

Say it aloud three times as you colour.

How do you feel after spending time with this affirmation?

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**Affirmation: "I am stronger than my anxiety."**

Illustrate what strength looks like to you.

Colour the background of the box below and write or trace the affirmation.

Say it aloud three times as you colour.

How do you feel after spending time with this affirmation?

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**Affirmation: "I choose calm."**

Draw a calm landscape around these words.

Colour the background of the box below and write or trace the affirmation.

Say it aloud three times as you colour.

How do you feel after spending time with this affirmation?

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**Affirmation: "I am enough, exactly as I am."**

Fill the border with things that make you YOU.

Colour the background of the box below and write or trace the affirmation.

Say it aloud three times as you colour.

How do you feel after spending time with this affirmation?

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# My Anxiety Journal

## Daily Check-In

Date: \_\_\_\_\_ Time: \_\_\_\_\_

My anxiety level today (circle): 1 2 3 4 5 6 7 8 9 10

What triggered my anxiety today?

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## What My Body Is Telling Me

Where do I feel anxiety in my body right now?

(e.g., chest tightness, stomach knots, jaw tension)

On a body outline below, mark where you feel it.

What message might my body be trying to send me?

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## My Coping Toolkit

Things that have helped me manage anxiety in the past:

People I can reach out to when anxiety rises:

My favourite calming activity from this book:

One thing I will try next time anxiety spikes:

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# Connect With Dr Arjumand Raza

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