

- Mental health / Psychotherapy

Mandala colouring aids mindfulness

HT Cafe · 16 Feb 2022 · 3

Mandalas are associated with helping people to improve their mental health and well-being. Of late, it has become very popular to colour mandala shapes in an attempt at mindfulness, which is the idea of being present in the moment. Research has said that combining centuriesold traditional mandala colouring with cutting-edge computing and brain-sensing technologies, could lead to new ways of helping people achieve mindfulness.



A study found that many people who coloured mandalas to help with their mental health liked to keep the completed ones. They looked back at them as a way of reflecting on how they felt at the time they coloured it.

Dr Claudia Dauden Roquet, lead author of the study, says. "In addition, there has been little attention within humancomputer interaction research looking at mindfulness techniques that use fine motor skills, like colouring intricate details on mandalas, or meditation beads. Our findings offer new insight into these areas that could also help inspire new classes of mindfulness technologies."

Mandala colouring can help aid mindfulness

The researchers believed that these systems could be developed to aid learning and training of focused attention

mindfulness techniques and help people deal with stress, depression and other affective health disorders.