

## Getting into Flow: Handout

Recall a time in which you were so engrossed and immersed in a task that you lost track of time and experienced a sense of enjoyment doing that particular task. These experiences are referred to as 'flow' states, are often pleasurable experiences and have the added benefit of limiting ruminative (i.e. replaying) thoughts and the unpleasant emotions that come with those thoughts.

**Instructions: Colour the following drawing however you wish. Try concentrating on the task at hand and limit (or preferably remove) all distractions when you are doing this colouring task.**



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