



EcoElectronix Comments on the Multiple Health Benefits Linked to Adult Coloring

January 15, 2019

January 15, 2019 - PRESSADVANTAGE -

While coloring is not a new activity in children, it is still relevantly new in adults. The first commercially successful adult coloring book was published in 2012 and since then it has grown into a trend. There are many benefits to adult coloring that has been discovered and studied, from researches at John Hopkins University, to therapists, and doctors suggesting coloring as a positive tool for mental health and an alternative to meditation.

The American Art Therapy Association states that art therapy is used to enhance the lives of individuals and improve skills. Some of the things art therapy can help with is, reducing anxiety, cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.

Adult coloring books differ from children's coloring books as they feature a higher quality of paper, intricate designs, and difficulty that requires higher focus. Many people claim that coloring is a form of meditation because it has a similar effect. When meditating, the brain enters a relaxed state and focuses on the present thus blocking out the mind from its constant thinking and reaching a state of calm that relieves the brain from

the daily stresses of life.

To get started on enjoying the benefits of adult coloring Amazon.com features a wide selection of coloring books, drawing tools, and sharpeners. To maximize relaxation, EcoElectronix offers an electric pencil sharpener available on Amazon that takes away all the labor and stress associated with manually sharpening pencils as stated by company owner Seth Allen.

Manual sharpeners often break pencils and don't allow you to get the sharpness needed for different areas in coloring books. Our EX-20 is the best electric pencil sharpener for colored pencils as it allows you to adjust the sharpness of your pencil so you can color in wide or thin sections without a problem. To avoid over-sharpening, our pencil sharpeners have an auto light that indicates when the pencil is at your desired sharpness. We understand that mental health is important, and we want to do everything we can to make coloring an enjoyable, and relaxing experience, this is why we also have a hassle-free lifetime warranty included with every purchase.

One of EcoElectronix customers wrote a review on Amazon stating how the EX-20 has helped them with adult-coloring. I find the best way to keep my hands away from the potato chip bag is to keep them occupied with some other activity, so I use adult coloring books. I use a variety of pens, markers, and specially colored pencils. I have cheap, crappy yard sale pencils, pretty decent Crayola pencils, and expensive Prismacolor pencils. I got tired of getting up and going over to the desk where the electric pencil sharpener is, and half the time, the pencils break off in that one anyway. So I wanted one that was battery-operated, compact for the small side table at my chair, and easy on my pencils. The EX-20 is perfect! I've had it for about a month, and not a single pencil has broken off while being sharpened. I have absolutely no complaints about it. Highly recommend it.

To purchase the EX-20 battery powered pencil sharpener, readers can visit Amazon.com where it is available for \$24.73 with free shipping and a lifetime warranty. If the sharpener is defective, breaks or the customer is unhappy with it, EcoElectronix will send them a hassle-free replacement.

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For more information about EcoElectronix, contact the company here: EcoElectronixChristinaAbelsinfo@ecoelectronix.com

EcoElectronix

*EcoElectronix produces top quality electronics using sustainable manufacturing practices and carbon neutral shipping.
We're raising the standards to help change the way electronic products impact our planet.*

Website: <http://www.ecoelectronix.com>

Email: info@ecoelectronix.com



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