Coloring for Well-Being Empowering WELLNESS Through

/ livedeco by / Annie Reyes





# Art as a Healing Tool

About Our Coloring Books for Adults

Hivedeco offers **15 existing coloring books**, including *Positive Vibes*, which is specifically designed for cancer warriors and their families.

We also create **custom editions tailored to the unique needs** of your community, providing artwork and affirmations that inspire emotional resilience and promote relaxation.

Each book features unique illustrations paired with uplifting affirmations, designed to reduce stress and foster a sense of peace and accomplishment.



Why Support Us

Bring Wellness and Creativity to Your Community

For Your Community: Our initiatives improve mental well-being, reduce stress, and provide a therapeutic outlet for cancer patients, seniors, individuals dealing with mental health challenges, and anyone seeking relaxation and creative expression. A happy and healthy community fosters growth, prosperity, and resilience.

### For Your Organization or Office:

Supporting our cause aligns with your commitment to promoting holistic health and wellness. It demonstrates proactive support for the well-being of your community, employees, and constituents.

Legacy of Support: Your involvement will create a lasting, positive impact on the lives of those navigating difficult circumstances, showcasing your dedication to enhancing community wellness and mental health.

## The Benefits of Coloring

Proven Therapeutic Value



## Emotional Healing

Engaging in creative activities like coloring has been proven to improve mood and promote emotional healing.

Source: American Psychiatric
Association, "Healing Through Art"

# Family Bonding

Coloring books offer a shared activity for patients and their families, creating moments of connection and understanding.

## Stress Reduction

Coloring has been shown to reduce anxiety and help manage emotional stress for cancer patients, seniors, and those undergoing mental health treatments.

Source: Cleveland Clinic. "3 Reasons Adult Coloring Can Actually Relax Your Brain"

## Mindfulness and Focus

Coloring induces a meditative state, promoting focus and relaxation, which is especially beneficial during difficult times.

Source: Mayo Clinic Health System.
"Coloring is good for your health"

## **Emotional Boost**

Positive affirmations help counteract negative thoughts and promote mental strength during challenging times.

Source: Yale School of Medicine, "Art therapy: helping families cope with cancer" (2021)

Source: Cancer. Gov "Your Mental Heath"



# How to Partner with Us

To Spread More Positivity in Your Community

## **Customize Your Edition:**

Partner with Hivedeco to create custom editions of our coloring books tailored to the needs of your cancer organizations, senior communities, or mental health facilities. We can incorporate your organization's branding or specific themes to better align with your wellness initiatives.

## **Support Wellness**

**Initiatives:** Collaborate on special projects where our coloring books, including "Positive Vibes," are distributed to support mental well-being and emotional health in your community.

**Sponsor Distribution:** Join us in sponsoring a special edition or collection for distribution within your community, ensuring individuals facing challenges have access to creative and therapeutic resources.



Annie Reyes's books are a wonderful tool for managing stress and anxiety. Coloring helps me connect with my inner self and focus or my emotions, offering a variety of psychological benefits.

I purchased these books with my patients in mind, and also for myself to use as an additional tool in Art Therapy. My patients are thrilled with them; several have even asked where they can purchase their own copies because they love the illustrations. They feel the books help relieve their stress and anxiety.

I highly recommend them for anyone, regardless of age, to experience the therapeutic power of these beautiful books, crafted with love and dedication by a talented artist.

#### Jenny Reyes

Multicultural Recovery Center - Dallas Texas



Los libros de Annie Reyes son una herramienta maravillosa para manejar el estrés y la ansiedad. Al colorear, logro conectar con mi yo más profundo y centrarme en mis emociones, obteniendo así numerosos beneficios a nivel psicológico.

Compré estos libros pensando en mis pacientes, y al mismo tiempo para utilizarlos yo misma como una herramienta de apoyo en la Terapia de Arte. Ellos están encantados, y varios incluso me han preguntado dónde pueden adquirirlos, pues les gustan mucho los dibujos. Han experimentado cómo estos libros les ayudan a aliviar el estrés y la ansiedad. Los recomiendo ampliamente, sin importar la edad, para vivir esta experiencia enriquecedora con libros creados cor amor y dedicación por una gran artista.

### Jenny Reyes

Multicultural Recovery Center - Dallas.Texa







single one. The details...you know what go buy one and you will see. I promise you you will not be disappointed!





# Annie Reyes

Annie Reyes is an award-winning and bestselling author, and the creative force behind Hivedeco.

She earned her Art Therapy Certification in 2024 and was named Florida's Best Coloring Book Author that same year.

Her work and impact have been recognized widely: she was nominated for **the Connecting Community Award** by United Latinas Inc., won the **2024 Female Voice Award in the Inner Peace category** by WomELLE, and received the **International Impact Book Award in the Christian Non-Fiction category.** 

Annie was also named one of the **Top Women Leaders of 202**4 and, more recently, one of the **Women CEOs Defining Leadership Excellence** by Women We Admire.

She has **published 15 coloring books**, including *Positive Vibes*, a title specifically created to support cancer warriors.

Annie is deeply committed to using art as a tool for stress relief, emotional healing, and overall well-being.

**Hivedeco** is a creative platform specializing in artbased products designed to promote relaxation, creativity, and mental well-being.

Our mission is to promote wellness through creative expression for diverse communities, including cancer patients, survivors, seniors, mental health centers, families, people looking for stress-relief activities, those who enjoy expressing themselves through art, and individuals who love being part of a creative community.



## Let's Partner for a Positive Change

Be a part of this meaningful initiative and help bring art, healing, and hope to those who need it most. By contributing to individual well-being, we build a stronger, more vibrant community for everyone.

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