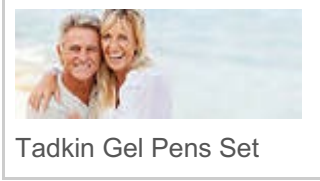


# Zentangle Believed to Be Helpful in Enhancing Focus and Relaxation

Belinda Hills March 13, 2017



**This art activity is even believed to help calm an anxious mind, cultivate moment-to-moment awareness, and improve self-confidence.**

([Newswire.net](http://Newswire.net) -- March 13, 2017) Wilmington, DELAWARE -- To relax and focus are two of the things in life that many people have difficulty maintaining. The good news is that there are certain activities thought to make these things easier.

Zentangle is believed to be helpful in enhancing focus and relaxation. Otherwise known as tangle doodling or Zendoodling, this self-help art therapy practice is an activity known to many artists and craftivists.

Rick Roberts and Mary Thomas have been recognized to be the originators of the Zentangle method. This activity is a formalized process that is more than doodling due to its theory and approach.

Enthusiasts often use black pen on white paper in drawing images. It has actually become an international phenomenon due to its potential effects on education, stress reduction, therapy, and motivational training.

While this art activity is relatively new, it has old basic principles. It involves designs and patterns of varying cultures and rituals from ancient times. Similar to doodling, it stops people from planning and instead allows them to draw shapes and lines unintentionally.

Individuals who want to engage in this activity may use numerous books that provide some guidelines about Zentangle. This type of book has various designs and patterns as well as the steps on how they can be accomplished.

They may also search on the internet and look for inspiration for designs. The process may actually look intricate, but it is a deceptively simple method to achieve inner focus and relaxation.

This art activity is even believed to help calm an anxious mind, cultivate moment-to-moment awareness, and improve self-confidence.

There are many people nowadays who are having difficulties knowing exactly how they can reduce stress and anxiety as well as maintain their focus. While there is a variety of therapies available, art has always been one of the favorite options.

There are those who turn to adult coloring books in order to mindlessly get into the comfort of engaging in art. This type of art activity has also been thought to be helpful for individuals who feel weighed down by stress.

For various types of art activities, there is the Tadkin Ultimate Gel Pen Collection that art enthusiasts can take advantage of. This pen set has 100 pens in 100 different colors.

There are many art enthusiasts who use this pen set for a variety of projects. There are pen sets in the market that only contain 2 to 3 dozen pens. However, this product from Tadkin makes drawing, doodling, sketching, diarizing, and writing extremely fun, easy, and comfortable.

([www.amazon.com/Gel-Pens-Set-Coloring/dp/B01HSGWY1Q](http://www.amazon.com/Gel-Pens-Set-Coloring/dp/B01HSGWY1Q))

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