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Hephzibah Kaplan, director at the London Art Therapy Centre thinks so. is our pick of the best books, sure to get you feeling calm and relaxed after a stressful day. Enchanted Forest: An Inky Adventure & Colouring Book: £5, amazon Dream Cities by Rosie Goodwin and Alice Chadwick: £5, amazon.

In aus anti-stress colouring: doodle & dream by rose, christina

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Crayon those freelance blues away: 10 stress-busting grownup

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Judith Woods and her daughter Lily colouring in pictures are likewise reaching for “art therapy” books, sold under an “anti-stress” banner.

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