

COLOR BREATHING

This activity is like the first mindful breathing activity; however, it uses visualizing colors to increase focus and awareness.

1. Imagine you are surrounded by the relaxing color. No longer is the air clear, it is the relaxing color.
2. Imagine that as you breathe in, you breathe in this color too.
3. Imagine the color filling up your lungs.
4. Imagine as you breathe out, that your breath is the color of stress.
5. Breathe in your relaxing color. Breathe out the stress color.
6. Repeat for 5-10 minutes

How do you feel afterwards?

