



# BREATHING COLORS

Think of a relaxing color. It can be any color you like, as long as it is one that makes you think of relaxation. Now think about a color that represents stress, confusion, exhaustion, or sadness. If you'd like you can close your eyes. Imagine you are surrounded by the relaxing color. No longer is the air clear, it is the relaxing color. You can still make out shapes, but your world is now a different color. Imagine that as you breathe in, you breathe in this color too. See the color filling up your lungs. Now, imagine breathing out the stress, sadness, or anger color. Imagine as you breathe out, that your breath is the color of stress. See the stress color mix into the relaxing color around you. Watch the stress color slowly disappear. Breathe in your relaxing color. Breathe out the stress color. You can now open your eyes.