Colour breathing

Think of a colour that makes you feel relaxed and calm – it can be any colour you like as long as it makes you feel calm and settled.

Think of a colour that is stressful or makes you think of sadness or anger.

Imagine breathing in the calm and relaxing colour so that it fills you up inside.

Then imagine breathing out the colour that makes you feel sad, angry or stressed.

1. Imagine you are surrounded by the relaxing colour. No longer is the air clear, it is the relaxing colour.
2. You can still make out shapes, but your world is now a different colour.
3. Imagine that as you breathe in, you breathe in this colour too.
4. See the colour filling up your lungs.
5. Imagine as you breathe out, that your breath is the colour of stress.
6. See the stress colour mix into the relaxing colour around you. Watch the stress colour slowly disappear.
7. Breathe in your relaxing colour.
8. Breathe out the stress colour.