

COLOUR BREATHING

Colour breathing is a simple stress/anxiety reducing activity that can be quickly learnt and involves mentally picturing/meditating on a colour that represents how you want to feel.

Example: If someone were to ask you how are you feeling at this moment in time, you may state you are feeling anxious. If they then asked you to put a colour to that anxiety you may say, grey. Then they may ask you what your calm colour is, your relaxing colour, and you may say, blue.

Through practising this simple exercise and focusing on your calming colour you may find you are able to change your anxious feelings to those of feeling more calm and less stressed.

So let's go ahead and get started. We can practice this technique together.

- Firstly, make yourself comfortable, whether sitting or lying and allow yourself to relax.
- Next, close your eyes, and bring your attention to your breathing. Breathe comfortably and deeply from your stomach, not your chest, and keep the rhythm of your breathing natural and relaxed. Remember, your exhale should be twice as long as your inhale.
- Any time that other thoughts, images, sounds or sensations come to mind, just notice them, and then gently bring your attention back to your breathing, and your colour.
- Imagine that you have a balloon in your tummy. Notice how the balloon inflates as you breathe in and deflates as you breathe out. Notice the sensations in your abdomen as your tummy rises when the balloon inflates as you breathe in and falls as the balloon deflates when you breathe out.
- Now visualise the colour that you relate to relaxation. You might visualise it in the form of light or perhaps a mist. If it's difficult to visualise that colour just imagine, in your mind's eye, something that is that colour - for instance, green grass, blue sea, orange sunset, or pink dawn. See it in front of you, over you, surrounding you, enveloping you.

- As you slowly breathe, become aware of breathing in your colour. Breathe it into your nose, your throat, your lungs and abdomen. Imagine now that colour spreading inside of you, into every part of your body, and notice the effects that it has.
- Notice the sensations in your body and mind as this coloured light or mist flows into and spreads throughout your body and mind. Notice how the colour is affecting your body and your mind, as you allow it to gently flow and infuse your body and mind. Continue to notice the colour and the sensations that it brings.
- Anytime that your attention wanders, simply notice that it's wandered, then gently bring your focus back to your colour.
- Whenever you're ready, start to bring your attention and focus back to the here and now; where you are.
Open your eyes and look around, notice what you see and what you hear.