

# Colour Breathing

Begin by closing your eyes, and taking a few deep breaths.

The emotion you are currently feeling - give it a colour:

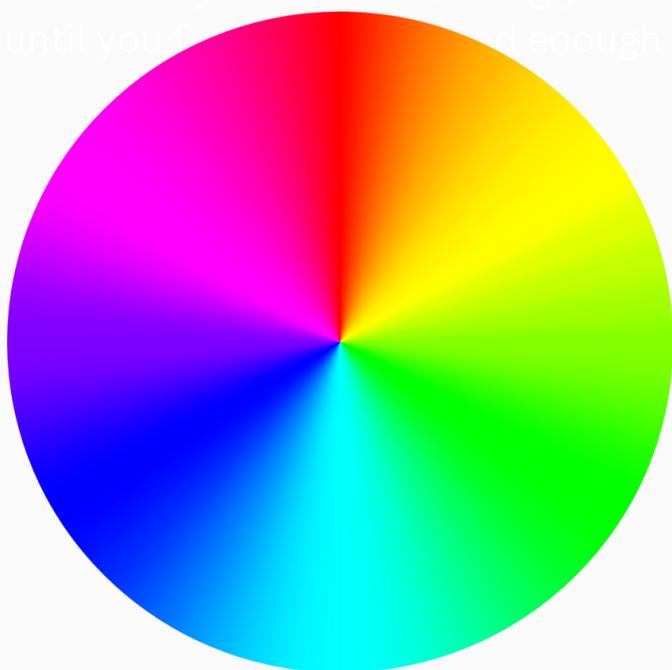
Happy - Yellow

Angry - Red

Confident - Light Blue

Sad - Blue

Decide what you want to do with that emotion. Stay happy? Imagine yourself inhaling more of the colour yellow. Angry? Imagine yourself exhaling the colour red.



Now, pair this up. If you want to try and become confident, or peaceful, and you're currently feeling anxious, imagine what those colours would like.

Inhale the emotion you want, exhale the emotion you want rid of.

Pick your own colours for the emotions you feel