

## Colour breathing



Sit or lie comfortably and close your eyes.

Imagine a colour that feels good to you e.g. the blue of the sky or the warm yellow of the sun.

As you breathe in, take time and imagine this colour slowly, slowly spreading through the whole of your body. Take notice how this makes you feel.

Now, imagine the colour of your worry and as you breathe out, slowly let this colour leave your body.