

# Mindful Exercise of the Week

## Breathing Colors

***The purpose of this exercise is to increase and maintain focus and awareness.***

- 1) Think of a relaxing color (can be any color).
- 2) Now, think of another color that represents sadness or being upset or angry.
- 3) Imagine breathing in the relaxing color and your lungs and body being filled with the relaxing happy color.
- 4) Imagine breathing out the sad or upsetting color, to the point that the sadness and upsetting color leaves your body.



### Speaking instructions for instructor:

1. Think of a relaxing color and imagine you are surrounded by the relaxing color.
2. Think of a sad or angry color.
3. Imagine that as you breathe in, you are breathing in this color too.
4. See the color filling up your lungs and your whole body.
5. Now, imagine as you breathe out, that your breath is the sad or angry color.
6. See the sad/angry color mix into the relaxing color around you. Watch the sad color slowly disappear.
7. Breathe in your relaxing color and breathe out the stress color, until you no longer see your sad or angry color.