





READY TO FEEL CALMER, MORE FOCUSED, AND RELAXED?

# COLOR BREATHING



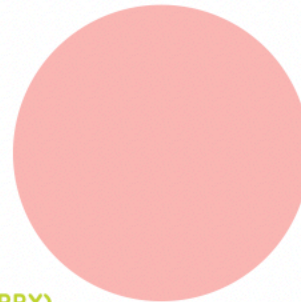
Close your eyes and imagine your anxiety/anger/fears/worries as a color. Now take a deep breath in and blow all those worries out. Is your anger red? Imagine blowing the color red out of your body for a count of three. Now, breathe in a healing, warming, happy color. Imagine this healing light travelling all around the inside of your body. Does blue make you smile? Well, breathe it in for a count of three. Keep doing this until all your worries are gone and you are left filled with a bright, calming light.



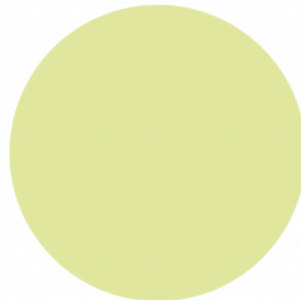
BLUE (CALMING)



RED (ANGER OR ANXIETY)



GREEN (HAPPY)



**IF IT FEELS GOOD, REPEAT!**