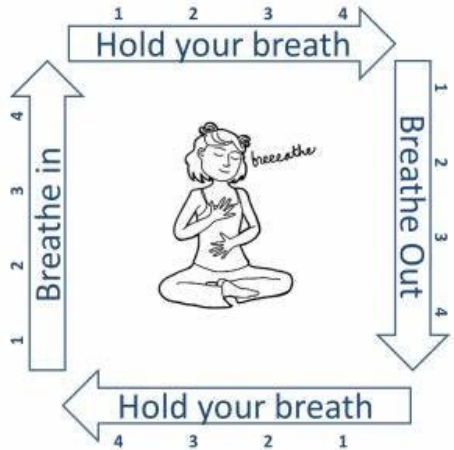




Square breathing

- Take a deep breath in. As you breathe in, count to four slowly. Notice the air entering your lungs.
- Now, gently hold your breath and count to four.
- Release your breath slowly, again counting to four.
- At the end of your exhale, gently hold your breath for another count of four.
- Repeat this process a few times.



Let your breath come back to its natural rhythm.

Did it help? How do you feel now?



Breathing in colour

- Picture a colour you associate with happy, positive thoughts.
- Now picture another colour, for thoughts that are negative or not helpful to you.
- Take a slow breath in, while picturing your positive thought colour. Imagine the breath is reaching all around your body, reaching all the way into your fingers and toes.
- As you take a slow breath out, imagine the negative colour leaving your body taking, with it all the unhelpful thoughts.
- Repeat this exercise a few times.

Let your breath come back to its natural rhythm.

Did it help?

How do you
feel now?

