

Color Breathing

Directions: This is a deep breathing technique that involves imagination. The goal of this coping skill is to help you feel better by helping you focus on happy memories as you take some slow deep breaths. Start by closing your eyes and as you take a deep slow breath, in through your nose, think about a color that brings you joy or happiness. For example, I like the color **light blue** because it makes me think of summer, warm weather, and sunshine. Next, as you breath out through your mouth, think about a color that you don't like. For example, I don't like the color **gray** because it makes me think of cold rainy days. Take several slow deep breaths and think of a new color. Remember: Positive energy in and Negative energy out!

