



COLOR BREATHING EXERCISE

What is Color Breathing?

The Color Breathing Technique is a quick and simple breathing and visualization exercise that helps you better manage anxiety and stress. It grounds your thinking in the present and promotes relaxation and overall well-being.

Simply put, Color Breathing involves imagining a relaxing color entering your body while you take in a deep breath and then, as you breathe out, visualizing the stress and tension leaving your body through an unfavorable/disliked color. Color Breathing is easy for both children and adults to learn, which makes it a good calming strategy for the whole family.

This Color Breathing exercise can be implemented into you or your child's daily self-care routine (e.g.: to help you de-stress in the morning before school/work or at bedtime). It can also be used effectively when you begin to feel your emotions or anxiety escalating or when you recognize this happening in your child.



[Instructions on the back]



Color Breathing Instructions

1

To get started, find a safe and comfortable position seated or lying down, which will allow you to relax your body. If you feel comfortable, allow your eyes to softly close. If you are seated, place both feet on the floor.

2

Take a moment to check in with each part of your body from the top of your head to the tips of your toes, trying to relax all of your muscles. Notice any tension you are holding anywhere in your body. For example, if your shoulders are tight, allow them to drop down, releasing the tension.

3

Now bring your awareness to your breathing, just listening to the air flowing in and out, not trying to control your breathing at this stage, but just noticing your breath start to slow down as you relax.

4

While maintaining your slow, rhythmic, and relaxed breath, begin breathing more deeply ensuring that your abdomen/belly is expanding as you inhale. It is suggested to inhale for 3 seconds through your nose and then exhale for 4 seconds out of your mouth, but please remember to go at your own pace. If you feel dizzy, just go back to your normal breathing until you feel better.

5

As you start to feel increasingly relaxed, choose a color that you find soothing or which makes you feel good/happy. When you inhale, imagine that color entering your body. Let that color wash over you, covering all your stress and tension. Feel that color traveling through your body parts from the top of your head to the tips of your toes allowing all your muscles to relax. As you exhale, imagine a color you associate with stress or negative feelings, leaving your body, and along with it the anxiety and stress you have built up. Continue to do this for several minutes.

6

When you are ready, slowly start to bring yourself back to your physical surroundings. You might want to start out by wiggling your toes and fingers then slowly rolling your shoulders and neck. When you are ready, open your eyes. Take a minute or two to appreciate how your body feels before returning to your day.

***“If you want to conquer the anxiety of life,
live in the moment, live in the breath.”***

- Amit Ray

