

BREATHING

MINDFUL BREATHING:

Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment. Now, take in a deep breathe while repeating the name of this blessing. Breathe out slowly while imagining this thing that brings you joy. Repeat this each day with a new blessing

IN - HOLD - OUT BREATHING

Inhale through your nose while counting to 5
Hold it while counting to 6
Exhale through your mouth while counting to 7

SQUEEZE AND BREATHE

1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.

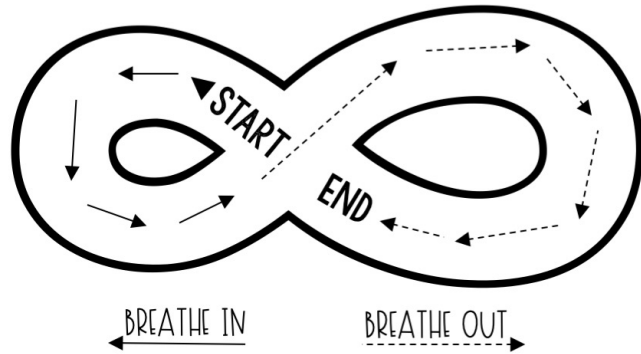


STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly.



Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)



BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your belly. Take a deep breathe. Notice your belly rise. Breathe out. Notice your belly fall.

BREATHE THE RAINBOW

Imagine the color of the rainbow.

Take a deep breath while imagining you are breathing in each color.

Red: Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.

Orange: Breathe in the zesty excitement of the color orange in through your nose.. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

Yellow: Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.

Green: Breathe in the morning dew of the color green through your nose.. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.

Blue: Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.

Purple: Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.

