



Breathing Colours

Try this when

you want to quiet your mind

You will need

Paper, two colours of marker

5 minutes

This active meditation exercise can help with grounding. Take a different coloured marker in each hand, then draw circles or scribbles with one hand as you breathe in. When you breathe out, do the same but with the opposite hand. Keep going until your heart feels content.

Self-reflection

Did using alternate hands help you to disconnect from your thoughts and focus on your breathing? Could this mean engaging in mindful movement can help calm your mind and reduce emotional discomfort?