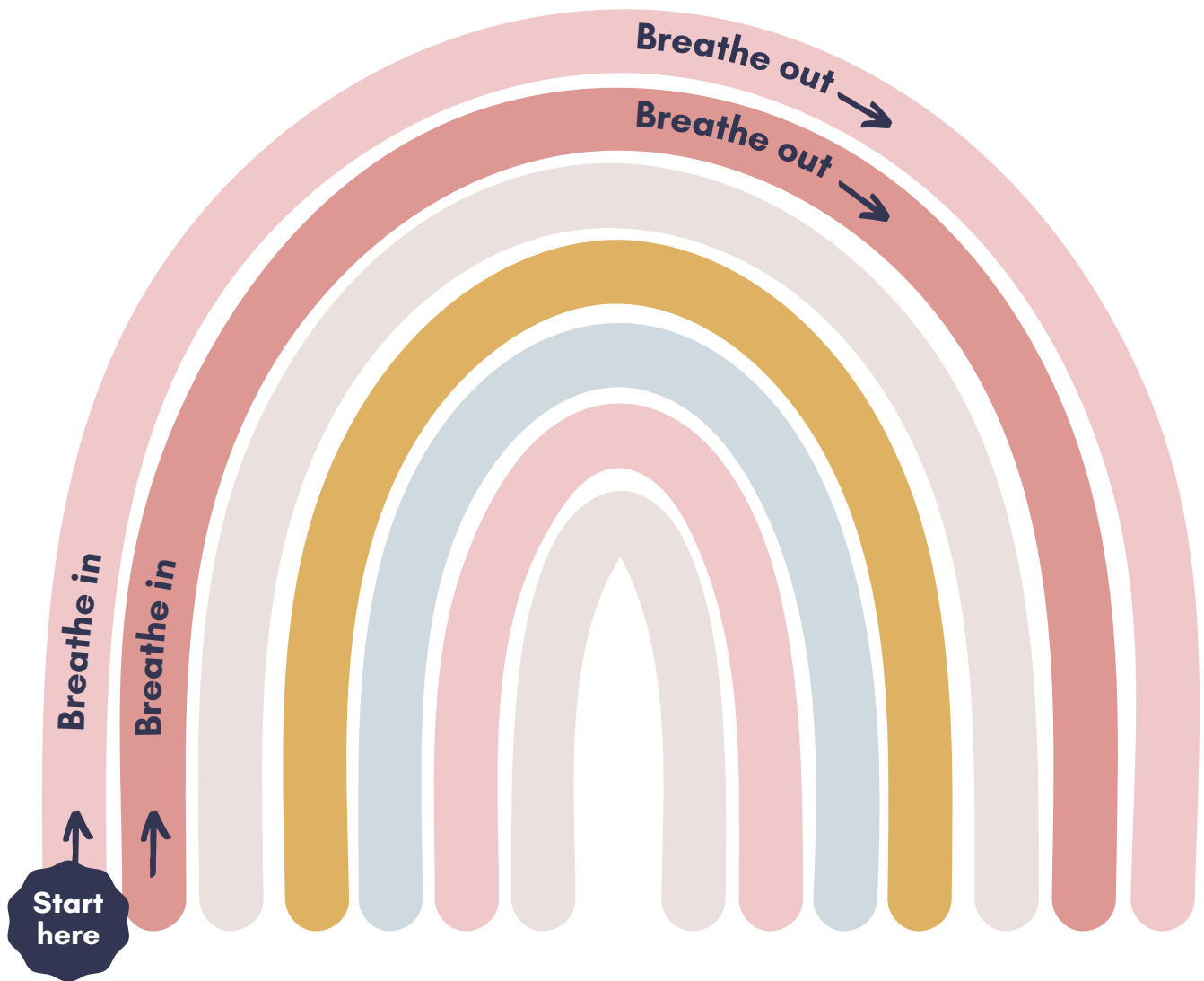


RAINBOW BREATHING



Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.

You can practise this on paper and then visualise it in your mind. Notice how your body feels as you concentrate on your breathing.

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