

EASY ONE MINUTE CALMING MEDITATION



Start by relaxing into whatever posture you're in, whether you're sitting down, standing up or something else.

STEP 1: *Breathe deeply into your stomach. And again.*

STEP 2: *Imagine calm as a colour. What colour would it be?*

STEP 3: *Imagine your stress or overwhelm as a colour. What colour is that?*

STEP 4: *Set a timer for one minute.*

STEP 5: *Now simply BREATHE IN the COLOUR you imagined for CALM, and BREATHE OUT the COLOUR that represents your STRESS and OVERWHELM.*

STEP 6: *Repeat this, taking deep, super-slow breaths for one whole minute!*

STEP 7: *When the timer goes off, slowly open your eyes and return to your day.*

