

MINDFULNESS WEDNESDAY

# PINK BUBBLE

1. Sit with your back straight and your body relaxed, resting your hands gently on your knees. Close your eyes if you're comfortable doing so, and let's take a few breaths together.
2. Think of a disappointment or a feeling that's bothering you and put it inside an imagery pink bubble.
3. In your mind, watch the light, airy, pink bubble float away and imagine that whatever is bothering you is floating away with it.
4. Wave goodbye and wish it well.

# PINK BUBBLE

5. What types of things bother you?

How did it feel to let go of something that was bothering you?

How did it feel to wish it well?

Is there anything else you'd like to let go of and wish well?

# A COOLING OUT-BREATH

1. Sit with your back straight and your body relaxed, resting your hands gently on your knees.
2. Breathe naturally while I count the length of your inhale and exhale.
3. Now breath in for two counts, and breathe out for four counts.
4. Pretend you are smelling a flower, breathe deeply in and gently out.
5. Let's go back to breathing naturally