

Calm Color

- 1. Sit comfortably and close your eyes.
- 2. Picture your calm color in your head. Let your thoughts calm down.
- 3. Picture your calm color in your throat, calming down your words.
- 4. Picture your calm color in your heart, calming down your feelings.
- 5. Imagine your calm color filling your whole body.
- 6. Open your eyes.

