



Mindful Meditation
Letting Your Worries Go

This exercise is designed to help you think about your worries, but not react to them. Begin by getting some colored pencils and coloring in this picture. Now think about something that often causes you worry and stress. However don't react to your thoughts, just breathe slowly and color. If you find yourself getting anxious, just concentrate on your coloring. Try this for five or ten minutes and see how this exercise helps you let go of your worries.