Rainbow Breathing Script

It's important to practice breathing exercises during calm moments, not just during stormy ones. This helps us form positive habits and prepares us for using grounding techniques in the moment when we really need them - when we feel stressed, anxious, overwhelmed, or out of control.

Rainbow breathing is an easy and colorful tool that can help ground us. You can draw your own rainbow to use, print one out, or even trace your screen.

Let's begin.

Place your finger at the bottom of the rainbow. Breathe in through your nose and trace the red arc until you reach the top. When you reach the top, begin to exhale through your nose and continue tracing. Repeat with each color until you feel calm and grounded.