

Meditation



Week Two - Color Breathing

Pework Expectation: Watch this video from Headspace.

[An introduction to easy meditation](#)

Learning Objective: (“Each participant...”)

- Can use an exercise of listening and breathing to calm and focus their minds.
- Will apply meditation to manage stress and provide space for positive thoughts.

Essential Concept:

Identify and utilize coping strategies.

- Explain proper prevention/management of health
- Identify how being mindful of our actions impacts our health

Skills Required:

- Self-management
- Stress management

Opening question(s):

“After last week's module, did you try meditating?”

Or

“Did you see any improvements in your ability to focus or concentrate?”

Thoughts for Consideration:

Meditation isn't all about breathing in and out, you know! Recent studies show that meditating before you work can increase productivity, accuracy, creativity, comprehension, memory, concentration, while decreasing stress and anxiety. Post-meditation, your mind is less likely to wander and you're more likely to stay focused for longer periods of time. Plus, it always helps after a stressful day at work to take some time to yourself and just breathe. Good luck and Namaste!

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Connecting This Lesson To Our Work:

- How might meditating for 2 - 5 minutes a day help your productivity at work?
- How would meditating impact your happiness at work?

Action:

Today, we are going to teach you the second of our four meditation practices. This one is called Color Meditation. This practice picks up where our concentration practice left off.

1. Get into your favorite meditation position, on a chair, on the floor, whichever is most comfortable for you.
2. Start your meditation by closing your eyes and noticing your breaths in and out. (Remember to make your exhaling twice the count-length of your inhaling.)
3. Once you've had a minute or so of meditative breathing, begin to imagine yourself being bathed in a cloud of one particular color. Choose a color with some positive connotation for you. Maybe it's blue or pink or green or orange. It's your choice.
4. As you continue breathing, think of breathing in the color you've chosen. Let that color move throughout your entire body as it comes in. Think about how this color makes you feel.
5. As you exhale, slowly, think about another color leaving your body. Let your stresses and worries travel on that second color.
6. Repeat this for the time you've set aside every day. With each passing day your meditation cycle should grow, and it should get easier for you to do it longer.

Weekly To-Do's:

1. Continue on your 21-day Meditation challenge and keep it going!
2. Make sure to use your 21-day Challenge Journal to track your progress

Alternate Discussions:

- What colors do you normally associate with peacefulness, quiet and happiness?
- What colors do you normally associate with stress, anxiety, and pressure?
- Can thinking about those colors bring on positive or negative thoughts, respectively?