**Thursday’s Well-being journal**

Write down 3 things you are grateful for

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Rainbow resting**

Lie down as we find some time to restore.

Relax and close your eyes, go inside.

Slow down your breathing … sigh, ahhh … let go and melt/relax into the floor.

Imagine you are walking down a beautiful path.

A storm is clearing, and you can see a rainbow.

Imagine yourself standing under the rainbow and let its warm, bright light fill you with happiness.

You are connected to all life. You are a rainbow too.

As you lie relaxing, picture the colour red within the rainbow.

Red = You are strong and safe.

Then the colour orange = You are happy and playful.

Yellow = You are proud and confident.

Green = You are kind and caring.

Blue = You are honest and truthful.

Indigo = You are clever and creative.

Violet = You are amazing.

Continue lying in the colours of your rainbow for as long as you wish.

