

# Mind Bubbles Script

This exercise is called Mind bubbles and it's helpful for worries.

Sit mindfully, with your spine straight and your body relaxed.

This exercise will involve using your incredible imagination.

Let's get started...

\*B\*

Imagine you are holding a bubble wand.

Breathe in deeply, then breathe out as if you are blowing a bubble through the wand.

\*B\*

Breathe in again and notice your worry.

Imagine what it looks like.

\*B\*

breathe out and blow your worry through your bubble wand.

Imagine it forming a bubble.

Imagine the bubble pops and disappears.

\*B\*

\*B\*

\*B\*

You can keep blowing out worries until you feel ready to go on with your day.

