

Anchoring

1. Take stock:

Take a moment to notice the thoughts and feelings that are showing up for you right now, notice what your mind is doing – is it worrying, thoughts racing? What sensations do you feel in your body? Heart beating, tingling? Take a moment to put into words what you're feeling and thinking - "I notice I am feeling/thinking that..."

Now turn your focus back into your body. Push your feet into the floor, stretch, take a breath or two, move your arms and legs in some way. Push your finger tips or hands together, or maybe move your feet up and down.

2. Take 10 mindful breaths:

Focus on the breath and where you can feel the breath. Take a deep breath, perhaps counting the individual breaths until you reach 10. In and out.

3. Engage your five senses:

What are 5 things you can see? Maybe a pattern on the wall or an item in the room.

What are 4 things you can feel? Maybe you can feel pressure of your feet on the ground, your clothes – or pick up an object.

What are 3 things you can hear? Maybe the background noise, birds chirping or cars on the street.

What are 2 things you can smell? Maybe some pleasant smells, like your laundry detergent or coffee, or even the rubbish bin!

What is 1 thing you can taste? Maybe take a sip of drink, a snack or simply notice the taste in your mouth.

4. Take stock again:

Take a moment to notice your thoughts and feelings. Stretch your body, take a breath and ask yourself, what would be helpful for you to do now?

Key points:

- We can use anchoring in times of crisis, when we want to stop dwelling or when we want to reset our focus. We can use all the different parts, or just some of them. It's a flexible exercise so use it in a way which works for you.
- Anchoring uses our environment and our bodies to bring ourselves into the present moment

Here is a youtube link if you'd rather follow along to spoken instructions:

<https://www.youtube.com/watch?v=UtsRULLw6rA&t=110s>