

The Anchor



The anchor is a helpful, effective way to reduce stress and allow a sense of calm to return.

Its purpose is to ground you and disrupt your thoughts, feelings of stress or panic.

Firstly, push your feet through the floor, this feeling helps to remind you that you are safe and present. You may also push your thumbs together should you be able to.

Secondly, look for 5 items around the room that you can see, collect them up in your mind, and run through them.

After this, listen for three different noises or sounds in your environment and lastly, 1 thing you can smell or taste.

Once all your senses are fully engaged, continue to run through the list whilst noticing your breath. Let it slowly become deeper and slower. Continue to push your feet through the floor whilst you do this.

The anchor can be used at any time and it is a proven, discrete skill that you can deploy at any time you need it.

If you would like any further assistance with relaxation techniques, please ask.