

Dropping Anchor.

A little space to notice, steady yourself and respond.

01 Notice

"I'm noticing this thought..."
"I'm noticing this feeling..."
"I'm noticing this sensation..."

02 Pause & allow

You don't have to fight it, solve it or act on it straight away. Give it a little room.

03 Connect with your body

Feel your feet or the support beneath you. Gently move or stretch. Notice what's around you.

04 Stay with it

Give yourself time. Notice the feeling, then return to your anchor when you need to. You don't have to force it to change.

05 Respond with care

Notice whether there's a little more space to choose.
"What would be helpful now?"

The anchor doesn't remove the storm. It helps steady you.

Move between these prompts in whatever way helps you.
You don't have to follow them perfectly.