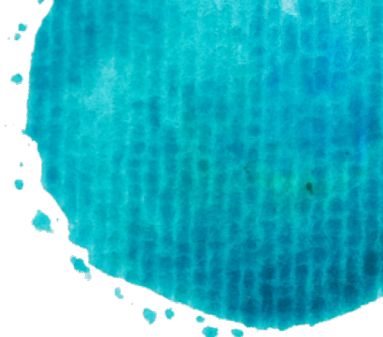


DROP THE ANCHOR EXERCISE



FREQUENCY: As needed **DURATION:** 3 Minutes

This is a high impact technique that engages the senses and was developed by Dr Russ Harris, an Australian Clinical Psychologist. It's a great one to use in situations when you are caught in the middle of an emotional storm and there is no way of escaping. No one else knows what you are doing! When dropping the anchor, you take a few breaths and then focus on the senses to help calm the mind quickly.

PRACTICE

- Ruminates about something that is bothering you at the moment, let it fully sink into you, fully experience any emotions that rise up.
- Now Drop the Anchor. Push your feet firmly into the ground and sit up straight.
- Take a couple of breaths down into your belly
- Look around and name five things you can see
- Name five things you can hear
- You can also add taste and smell if you wish
- Come back to the present moment

What did you notice?

It is like putting a stop-gate between you and your thoughts. Most people say they feel calmer and more capable of thinking clearly, and able to make a better choice about their behaviour. You may have been able to get past the physiological experience of the emotion and choose a different way of responding.

