

Dropping Anchor

(Contact with the present moment)

Sometimes when thoughts and feelings threaten to overwhelm us, the most effective response we can have is focusing on the present. This is like a ship dropping an anchor in the middle of a storm. It doesn't stop the storm from happening, but it keeps the ship from getting blown off course.

Practice this exercise anytime, especially when you notice you are getting hooked by thoughts and feelings.

Let your thoughts and emotions continue to run and at the same time press your feet firmly into the floor.

Push your feet down and notice the ground beneath you, supporting you.

Notice the muscle tension in your legs as you push your feet down. Pay attention to the air in your lungs as you take a few normal breaths.

Look around and notice what you can see and hear around you.

Notice where you are and what you're doing.

Allow thoughts and feelings to flow through you, to come, stay and go at their own pace.