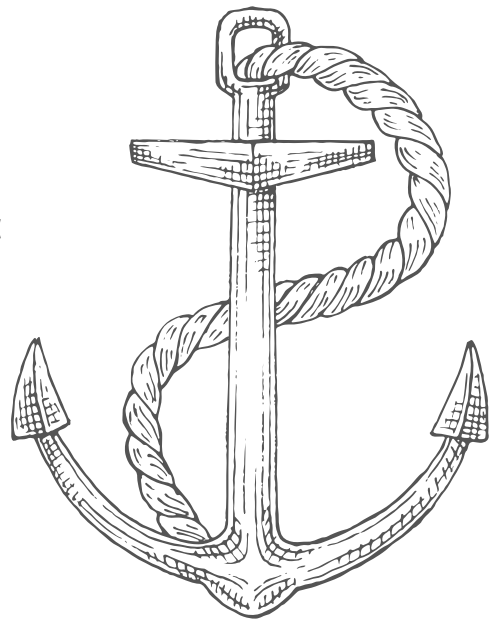


DROPPING ANCHOR

When you're in a storm, dropping your anchor will hold you steady until the storm passes; it will not stop the storm, the weather is still happening, however you're less affected by it. That's why we drop anchor; to be steady while the storm passes. We do this by using ACE.

Acknowledge thoughts, feelings and bodily sensations, without judgement or blame. Pause and notice you're inner world. Say: "I'm noticing _____"

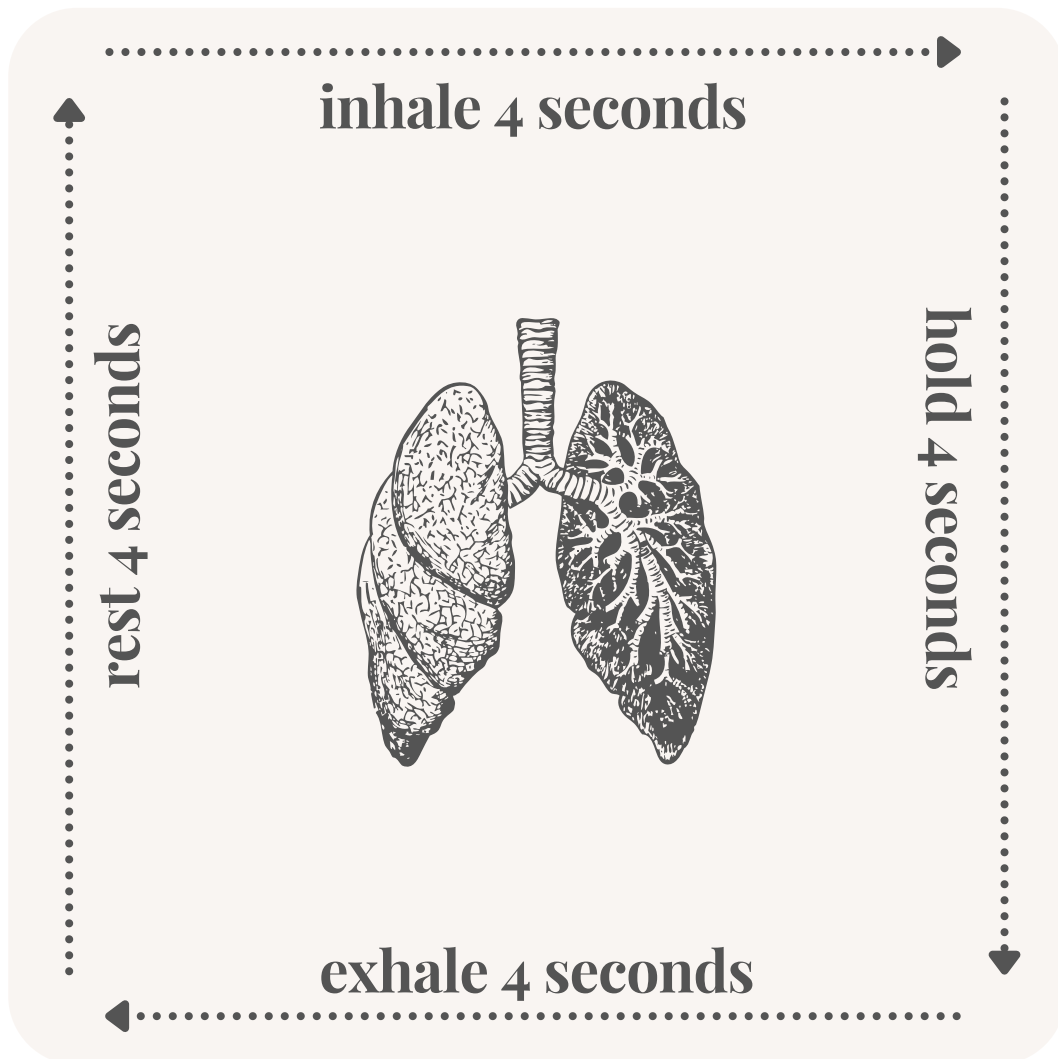


Come back into your body by connecting to the present moment. This can be done in many ways: lengthen your spine, wiggle your toes, take a deep breath, press your hands together, shrug your shoulders, or do what feels right.

Engage in what you're doing or with where you are. You might look around and really notice what you see in the room you're in: what can you see, hear, smell? Place your attention back on the moment.

BOX BREATHING

A relaxation technique aiming to return breathing to its normal rhythm, clear the mind, and relax the body.



- ☀ Inhale through the nose to a count of 4
- ☀ Hold the air in your lungs for a count of 4
- ☀ Exhale through the mouth to a count of 4
- ☀ Hold the lungs in an empty state to a count of 4
- ☀ Repeat 3 times, or to 4 minutes, or until calm

BODY AWARENESS

● Improving the connection and conscious awareness of oneself to the body. ●



Clench your hands into a fist for 15 seconds. Release the tension and repeat 5x. Just notice.



Firmly press your feet flat into the floor. Wiggle and curl your toes while noticing any sensations.



Become aware of any tension in your face and jaw. Relax your jaw, forehead, and tongue.



Press your palms together firmly. Hold for 15 seconds. Notice any sensations in your hands and forearms.



Reach your hands over your head towards the sky. Stretch a bit higher. Hold for 5 seconds. Become aware of any sensations.



Push your shoulders back into your chair and lift your chin for 10 seconds. Notice any tension in your back.



WITH ALL EXERCISES, REMEMBER TO BREATHE



THE RAIN TECHNIQUE

A grounding exercise for bringing attention
back to the present moment

R

RECOGNIZE

- Ask yourself, what is happening for me right now?
- Identify thoughts, feelings, and/or memories.
- Ask yourself, what do I feel in my body?

A

ALLOW

- Give yourself permission to sit with this (not fix) for at least 15 seconds.
- Try mentally whispering 'it's ok' or 'you're allowed to be here' to the thought/feeling/memory.

I

INVESTIGATE WITH CARE

- Ask yourself, what do I or does this experience need from me right now?
- Ask, what am I longing for in this moment?

N

NURTURE

- Ask yourself, in this moment who and how you want to be.
- Ask, how can I nurture self-compassion in this moment?

5•4•3•2•1

A grounding exercise for bringing attention
back to the present moment



Search the room and identify 5
things you can see



Notice 4 things you can touch or feel



Become aware of 3 things you
can hear



Identify 2 things you can smell



Acknowledge 1 thing you can taste

LEAVES ON A STREAM

During the leaves on a stream exercise, you will visualize yourself resting near a stream. Whenever thoughts enter your mind, you will imagine placing them atop a leaf, and watching as they float away. Instead of seeing the world from “inside” your thoughts, you will take a step back and view them from afar. By doing so, you will gain perspective on your thoughts and feelings, reducing their power.

Find a quiet place, free of distractions.

Sit or lie down in a comfortable position.

Close your eyes or let your gaze soften.

Begin taking slow, deep breaths.

VISUALIZE

Imagine you are resting by the side of a stream. This scene can look however you like. Use all your senses to imagine what the stream and its surroundings look like, the sound of the water and other ambiance, the physical sensations, and anything else that comes to mind.

MEDITATE

Your objective during this exercise is simply to focus on the stream. When distractions enter your mind, such as thoughts or feelings, take a moment to notice them without judgment.

MANAGE YOUR THOUGHTS

After taking a moment to observe a thought or feeling, return your attention to the stream. Place your thought upon a leaf. You might imagine writing the thought on the leaf or attaching it in some other way. Place the leaf in the water and watch it float down the stream until it disappears.

PRACTICE

Continue visualizing the stream, simply observing and releasing any thoughts that enter your mind. There is nothing else you need to do. You may set a timer for 10-15 minutes to know when practice concludes.