

Exercise: Drop The Anchor

When you get carried away by a storm of thoughts and feelings, especially if you are feeling angry and fearful, you may feel helpless. In this situation, it is useful to “drop the anchor” and ground yourself, so you can take effective action. This exercise can be done anytime, anywhere and is particularly useful in challenging meetings!

Take five to ten seconds to do the following:

1. Push your feet into the floor (this is dropping the anchor) and straighten your back
2. As you do this, take a slow, deep breath
3. Look around and notice five things you can see
4. Listen carefully and name five things you can hear
5. Notice where you are and what you are doing and now carry on!

This brief exercise can be done anywhere, any time. It instantly brings you back to the present so you can focus on the task at hand, and engage in life. If you maintain a broad awareness of your surroundings, your actions and feelings, this will keep you anchored until the emotional storm has passed.