

Anchoring



The brain works by association. Anxiety triggers from things we associate with danger. But we can counteract this with things we associate with positive feelings like safety, fun, affection, anything secure. We can use objects that have this positive association (anchors) to self soothe.

What makes a good anchor

Anything can be an anchor but the very best ones have good sensory stimulation. It could be something visual like art or a photo, audio like music, tactile like a soft blanket, smells like a coffee or tastes like a favourite food. It can also be a mix of these- your favourite film, videogame, place to go walking, coffee shop, etc. Anything that you connect to positive feelings deeply can be an anchor

How to use an anchor

Anchors are about attention. When engaging with your anchor, nothing else in the world matters. Your mind will drift to the fear, worry or sadness. Gently and non-judgmentally remind yourself that your only current task is to engage with the anchor. Until your distress has passed nothing else in the world matters.

List your anchors below along with the sensations and feelings they evoke. As many as you can think of. Keep adding to them as you find more.