

Dropping anchor

First, just see if you can push your feet hard into the floor. Push them down. Feel the ground beneath you.

Now sit forward in your chair, and straighten your back. Feel the chair beneath you; notice your back supporting you.

Now slowly press your fingertips together, and as you do that, gently move your elbows and your shoulders. Feel your arms moving, all the way from your fingers to shoulder blades.

Take a moment to acknowledge there's a lot here that you're struggling with ... you didn't ask for it ... but here it is ... and it's challenging and it's difficult and you want it to go away, and yet it's not going ... Silently acknowledge to yourself what type of internal experience it is ... For example, say to yourself "Here's sadness" or "Here's anxiety" or "Here's a painful memory" or "Here's a painful sensation"

Now notice that as well as this internal experience, there's also a body around it – a body that you can move and control.

Straighten your back again, and notice your whole body now – your hands, feet, arms, legs – gently move them, and feel them moving ... Have a good stretch ... Notice your muscles stretching ... Press your feet down and feel the floor.

Now also look around the room – up down, and side to side - and notice five things that you can see. And also notice three or four things you can hear – sounds coming from me or you or the room around you

So notice, there's something very painful here that you're struggling with, and at the same time see if you can also notice your body in the chair ... and gently move that body, have a stretch... take control of your arms and legs. And also notice the room around you and what else is going on in this moment.

Repeat for as long as needed until you are grounded.

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