



# Empower Your Mind with Counselling

Explore your thoughts in a safe, affirming space.

[www.sarahbennetttherapy.co.uk](http://www.sarahbennetttherapy.co.uk)

07304 096 815

[sarahbennetttherapy@outlook.com](mailto:sarahbennetttherapy@outlook.com)

## **“I Am Here” Anchor Meditation**

*A spoken affirmation and breath practice to soothe anxiety*

Sit or stand tall, feet flat on the floor. Place a hand on your chest or belly.

Breathe in through your nose and say quietly in your mind:

**“I am...”**

Breathe out slowly through your mouth and say:

**“...here.”**

Repeat:

Inhale – *I am...*

Exhale – *...here.*

Let these words become your anchor.

You can also try other affirming words, such as *'I am safe.'*

*I am enough. I am grounded.*

Continue for a few minutes, returning to the words and breath whenever your mind wanders.

### **Disclaimer:**

These practices are intended to support your well-being, but they may not be right for everyone at all times. If at any point something feels overwhelming, unsafe, or “off” for you, please stop. Gently return to something that feels familiar and grounding, such as having a warm drink, wrapping yourself in a blanket, talking to a trusted person, or simply taking a moment to notice your surroundings. You know yourself best. Trust that.