

Introduction to Mindfulness - Week 3

Anchor Phrase

Choose a word or phrase that helps you through a challenging moment. Gently say the phrase to yourself in that moment. If it feels comfortable, try placing one hand over your heart for added support.

Here are a few examples:

“It’s okay.”

“This, too, shall pass.”

“Yes, this hurts. May I stay open.”

“Yes, this hurts. May I be kind to myself.”

“Yes, this hurts. May I meet this moment with an open heart.”

Introduction to Mindfulness - Week 3

Anchor Phrase

Choose a word or phrase that helps you through a challenging moment. Gently say the phrase to yourself in that moment. If it feels comfortable, try placing one hand over your heart for added support.

Here are a few examples:

“It’s okay.”

“This, too, shall pass.”

“Yes, this hurts. May I stay open.”

“Yes, this hurts. May I be kind to myself.”

“Yes, this hurts. May I meet this moment with an open heart.”