

ANCHORING

A QUICK LOOK AT HOW TO GROUND AND SHIFT OUR STATE BY ANCHORING



PHYSICAL ANCHORS

Find a body posture that embodies you being in your place of power. Sense into your back bone, intentionally straighten your posture and think of someone who "has your back."

If possible, other physical anchors are mindfully running cold water on your face, walking barefoot in the grass, taking a hot shower, pushing with your palms down on the table top or the armrests of a chair. Be physical in your environment.

VISUAL ANCHOR

Visualize a source of power that is meaningful to you. This could be an inspiring person, a time you felt pride, a vision from nature which resonates with you like the sun, a mountain, or a majestic animal. Now, meditate on this image while taking deep breaths imagining on the in breath you're drawing in this power, and on the out breath releasing negative or triggering emotions. *Increase the resting nervous system by making your exhale longer than your inhale.*

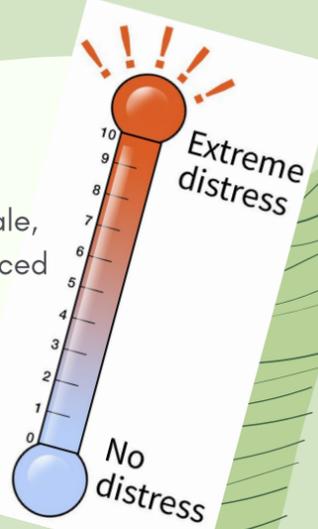
AUDITORY ANCHOR

Create a mantra which evokes a sense of whatever energy you need when triggered. Examples: "I'm okay." "I am healing and growing." "I am brave." "I am loving. I am loved."

Say this mantra internally or out loud, if able, coupled with deep breaths. Focus on the words, let them fill you, anchor you, and ground you. Feel your energy shift, what is it doing? Switch mantras for a different effect if you need to.

WHEN TO USE ANCHORS

Anchors can be used to reduce distress anywhere on this scale, and are most helpful in times of extreme distress when practiced in times of low distress first.



[https://psychology.wikia.org/wiki/Anchoring_\(NLP\)](https://psychology.wikia.org/wiki/Anchoring_(NLP))