

Tips, Tools and Anchors

do this. wait for this. Etc.

Using Breath-

Using the sphere for breathing

3 second breath

cleansing breath

ocean breath

Getting Grounded-

fill with sand

rub or press index finger to thumb lift and land

your toes

feel your feet

notice feeling of hips and back of thighs on the

chair

Bringing in Positivity-

Create and repeat messages of kindness, gentleness, and encouragement for yourself and others. You can use these in a moments of challenge, when you're losing patience with someone or something, even during exercise.

"In for me. Out for you."

"This is hard, but I can do this."

"May I (you) be happy. May I (you) be well. May I (you)live with ease."

"Your opinion does not define my worth."

"I am...

strong, fit, healthy, grounded

receptive, enough, here for

myself, Etc.

"I can...

Softening the Struggle -

Ask yourself 'how would this challenging experience feel/be if I had *chosen* this circumstance'. By asking yourself this question, you are likely to uncover some positive aspects of this moment of struggle that might go un-noticed if I continue to feel put upon, hurt, de-valued etc.)

Calling on your Senses-

anchor with sound

unhook/soften senses

count sounds

follow a sound

tapping top of head

tapping whole body

feel air temp on body

