



## Exercise

## THE CALM ANCHOR

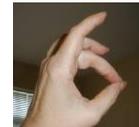
*If doing this exercise alone- please read all the steps first*

1. Remember a time when you felt really, really calm, at peace and in control.

Fully associate into it now- through your own eyes and in your own skin- seeing what you saw, hearing what you heard and feeling how good you felt.

2. As you keep running through this experience in your mind- make the colours brighter and richer, the sounds crisper and the feelings stronger.

3. When you know you are really feeling these good feelings, squeeze the thumb and middle finger of your right hand together. This 'connects up' the good feelings to the touch. Run through this several times until you feel really calm and a feeling of inner peace.



4. Now release and go through this process of connecting the relaxing memory at least five more times, releasing your finger and thumb briefly between times. Continue until just putting your middle finger and thumb together creates the feeling of relaxation and peace.

5. Next, think about a situation that in the past you would have found mildly stressful. Connect your finger and thumb and really feel yourself being calm and relaxed in this situation. Imagine it going perfectly- exactly as you planned. See what you will see, hear what you will hear and feel what you will be feeling now that you are more control in this situation.

6. Still squeezing your thumb and finger together, remember that calm feeling of being in control and once again imagine being in the situation that used to seem stressful. This time, imagine a few challenges and imagine yourself handling these perfectly. See what you will see, hear what you will hear and feel what you will be feeling now that you are more control in this situation.

Think about this situation now. Notice how different it is from only a few minutes ago. Do you feel less stressed and more in control?

If not go back to the top and keep repeating this exercise until you do!

**Each time you do this, it will become easier and easier to experience feelings of calm and relaxation 'at your fingertips'**