

THE CALM ANCHOR

Please read through and understand each steps before you do this technique on your own.

1. Imagine a place where you feel calm and at peace.

Create the scenery and put yourself in that situation, see what you see, hear what you hear and feeling good on how you felt. Get the emotions into you.. imagine you are totally peace and very comforting.



2. As you keep running through this experience in your mind, make the colors brighter and richer, the sounds louder and the feeling stronger.

When you **start feeling these good feelings, squeeze the thumb and middle finger of your right hand together.** Imagine the feelings running through your whole body. Run through this memory several times until you feel a lovely sense of inner peace and calm.

3. Now go through this relaxing memory at least five more times while continuing to squeeze your thumb and middle finger together to really lock in these good feelings.

You will know you have done it enough when all you need to do is squeeze your fingers together and you can easily remember the feelings of calm and relaxation spreading through your body.



4. Think about a **situation that in the past you would have found stressful.** Once again, squeeze your thumb and middle finger together. Feel that calm feeling spreading through your body and imagine taking it with you into that stressful situation. Imagine everything going perfectly the way you want. See what you see, hear what you hear and feel how good it feels to be so much calmer and in control in this situation.



5 . Now still squeezing your thumb and finger together, remember that calm feeling of being in control and once again imagine being in that situation that used to seem stressful. **This time, imagine a few challenges occurring and notice yourself handling all the challenges perfectly.** See what you see, hear what you want to hear and feel how good it feels to be so much calmer and in control in this situation.

6. Stop and think about that situation now. Notice the difference from only a few minutes ago. Do you feel less stressed and more in control? **If not, just repeat the exercise until you do!**



GOOD LUCK AND ALL THE BEST ! :)

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