



DISCOVER YOUR PATH TO A CALMER, HAPPIER LIFE

Finding Your Safe Anchor



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What is a Mindfulness Anchor?

An anchor is something for you to focus on, to bring you out of your thoughts and into the present moment.

Mindfulness is always mindfulness of something, so mindfulness meditation is NOT about clearing your mind and thinking of nothing, as this is impossible!

In every meditation your mind will keep wandering off, which is why you offer it a steady anchor to focus on that makes you feel safe, secure and comfortable.

Time and again you succeed in noticing that your mind has wandered, and then gently bring your attention back to the anchor, with kindness and patience. A sense of humour helps too!

Traditionally the main anchor in mindfulness is your breath and how it feels in your body. However if it makes you anxious to focus on your breath, then you can use any of the anchors mentioned below, and just take your attention to your breath for a few seconds at a time until your confidence grows..

Whenever you like, you can open your eyes, get up to find an anchor, or simply find comfort in movement. This is why I am very relaxed about whether you keep your camera on or off in the classes, because I never want you to continue with a mindfulness practice that makes you uncomfortable.

Anchors to Explore

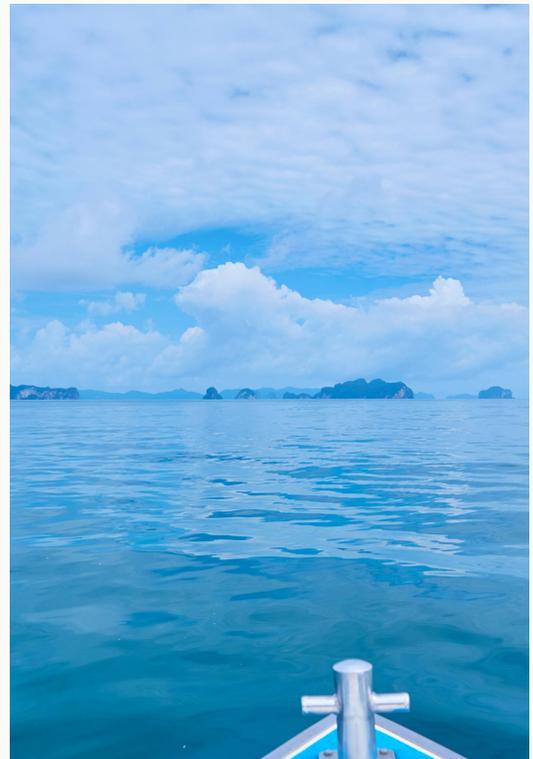
Something you can see: an ornament, the view from your window, a piece of furniture, a plant, a picture.

Something you can hear: a ticking clock, birdsong, the swooshing of traffic, the hum of a fridge, or other sounds of life around you.

Something you can touch: your clothes, a pebble or a button that you keep in your pocket, the solidity of a chair or table, the softness of a blanket or cushion.

The feel of your body where it is: your feet on the floor, your bottom on the chair, or maybe your whole body being held by the bed if you are lying down.

Something you can smell or taste: maybe the echo of something you recently ate or drank, or the aromas in the air where you are right now.



Using Anchors to manage Anxiety

If anxiety starts to arise, it is helpful to have an anchor to hold on to with your attention, so that you are not swept away in a storm of emotion.

Anxiety is often caused by thoughts about the past or the future, even if the trigger is in the present moment. For example, you feel a twinge of pain and immediately start to worry about what it might be and what might happen if it gets worse, and before you know it you are caught in a huge story that may never happen.

In that moment between the first anxious thought arising and the storytelling taking off, you find an anchor that you can focus your attention on, to hold your mind and body steady in the present moment whilst you wait for the surge of anxiety to settle down and pass away.

We will explore this and many others ways to help manage anxiety in our weekly classes, so don't feel that you have to learn have to learn this alone, as we can practice together and you can ask any questions that you may have, using the chat facility on Zoom.

Which Anchors work best for you?

The rest of this space is for you to make a note of which anchors make you feel calm, happy and safe, so that you can easily take your attention to them whenever you start to feel anxious. Feel free to use the categories above to inspire your thinking.



Any other reflections or questions?

If you have insights, difficulties, questions or reflections that you would like to share, please bring them with you to the next Mindfulness for Anxiety class and type them into the Chat box as you arrive, so that I can help you as much as possible. I look forward to seeing you online soon!

Kind regards,
Katie Sheen

