

## **Dropping Anchor Grounding Meditation Practice**

Begin Dropping Anchor by checking in with yourself and acknowledging your current experience. If you notice any thoughts or emotions, just name them to yourself.

Now, press your feet into the floor, and press the palms of your hands together. Other options include splashing cold water on your face, holding an ice cube in each hand, or suck on a strong candy or chew a piece of gum vigorously. The goal is to create strong sensations that anchor your attention in the body.

Now, notice what you see, hear, touch, taste, and smell. We pay attention to our senses to help us notice that there is more happening in the present moment than just difficult thoughts and emotions, even if those difficult thoughts and emotions are dominating your experience right now.

1. Count up to five things that you see. See if you can name and describe each thing that you see in detail including colour, shape, size, and textures.
2. Count up to four things that you hear. Name and describe the sounds that you hear. You might think about describing sounds using volume, pitch, or rhythm.
3. Count up to three things that you can feel with your body. Name and describe the sensations.
4. Count up to two things that you smell (if you notice any smells).
5. Taste one thing (if there is anything to taste near you).

**\*\*You can always choose to skip any of the senses as makes sense for your personal situation.**

Now, take some physical action to exert control over your body. Move, stretch, change posture, walk, sit down, take a few deep breaths, push your feet into the floor, press the palms of your hands against each other, drink water, hug yourself, or wrap yourself in a blanket.

Repeat as helpful.