



ANCHORING YOURSELF IN A STORM

Tips for getting your thinking brain back online under stress



TAKE SOME DEEP BREATHS

Right to the bottom of your tummy and imagine you are breathing in the air from somewhere that feels soothing - the sea, a field or the woods.



FEEL YOUR FEET ON THE GROUND

Wiggle your toes and feel each part of your foot connect with the ground, anchoring you down.



TEA BREAK

Take time to make your favourite drink in your favourite cup and really notice each step and sensation.



LISTEN OR SING TO MUSIC

Chose something that makes you feel anchored and strong, brings you back to you.



NOTICE COLOURS

Pick a colour and notice everything you can see in a shade of that colour.



HOLD A STEADY RHYTHM FOR ANOTHER

Imagine you are the lead dancer holding a steady pace whilst your partner/child spins.