

Adapted from the work of Dr Russ Harris author of The Happiness Trap

HANDLE DIFFICULT THOUGHTS,

feelings, emotions, memories, urges, and sensations more

SWITCH OFF AUTOPILOT

and engage in life; ground and steady yourself in difficult situations.

DISRUPT

RUMINATION

Obsessing and worrying

ON



on the task or activity you are doing; develop more self- control

Drop Anchor in the middle of any kind of emotional 'storm':

- Flashbacks
- Panic attacks
- Chronic pain

To support and hold you steady, so you don't get get swept away, allowing time for the storm to pass.

To bring your focus back to what's important to you right here and now.

WHAT IS INVOLVED? **DROPPING ANCHOR involves playing around with A-C-E:**



your thoughts and feelings



COME BACK into your body



ENGAGE in what you are doing



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ACKNOWLEDGE

your thoughts and feelings

Adopt the stance of a scientist, curiously observing what's going on in your inner world.



COME BACK into your body

You aren't trying to turn away from, avoid, escape, or distract yourself from what is happening in your inner world.



ENGAGE in what you are doing

Try all or some of these suggestions, or try your own.

End the exercise by giving your full attention to the next task or activity at hand.

Silently and kindly acknowledge whatever is 'showing up' inside you:

- Thoughts
- Feelings
- Emotions
- Memories
- Sensation
- Urges

Come back into and connect with your physical body.

- You could try some or all of these:
- Slowly push your feet hard into the floor.
- Slowly straighten up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly press your fingertips together
- Slowly stretch your arms or neck, shrug your shoulders.
- Slowly breathe.

Get a sense of where you are and refocus your attention on the activity you are doing.

In your surroundings, notice:

- 5 things you can see
- 4 things you can hear
- 3 things you are touching
- 2 things you can smell
- 1 taste in your mouth

Ideally, run through the A»C»E cycle slowly 3 or 4 times, to turn it into a 2-3 minute exercise:

You can practice these kinds of exercises, any time, any place. It's a good idea to practice them often in less challenging situations, when your thoughts and feelings are less difficult, so you can build up your skill levels. Over time, the idea is to use this in more challenging situations, when your thoughts and feelings are more tricky and can more easily overwhelm us.

Finally: notice what

you are doing.