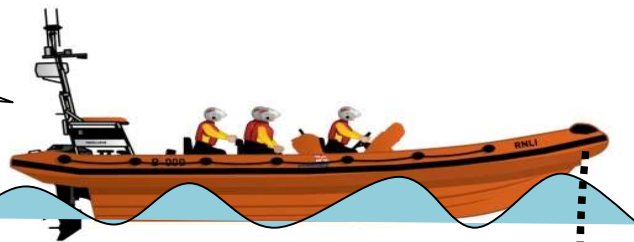


# Drop Anchor!



## In turbulent times steady yourself by “A.C.E.ing” it

### A = Acknowledge

- ♥ **Acknowledge** whatever you are experiencing inside: thoughts, sensations, emotions, urges, judgements, memories, or predictions.
- ♥ **Observe** these with deliberate compassion – you do not choose the thoughts, feelings, or urges your mind offers you.
- ♥ **Allow** this to be – you do not need to change, get rid of, agree with, or feel guilty about what you find inside. What you are experiencing is allowed.
- ♥ **Realise** – what happens inside does not automatically determine what happens outside. Whatever is showing up for you inside, your actions are what count.

### C = Connect

**Come back** into the physical world in whatever way works best for you:

- † Take a few slow deep breaths, relax any tense muscles you find
- † Push your feet into the floor, clench then stretch your hands
- † Straighten your spine, roll your shoulders back
- † Hear the sounds and look at the physical objects around you

**Remember** our common humanity:

- 🌐 All humans have the sort of brain that is busy and often troubled
- 🌐 We all struggle and suffer at times, and we all want comfort and peace
- 🌐 When it comes to the “human condition” we really are “all in this together”

### E = Engage

- ✋ Keep your body and breath calm and relaxed
- ✋ Focus your attention on the task at hand: decide what matters most right now (work, family, self-care). Give yourself permission to park anything that is not the current priority
- ✋ When thoughts intrude from one part of life to another gently notice, acknowledge, and set them aside until it is “their time”
- ✋ Pay attention to your own needs – we tend to be carers and rescuers. You are allowed to look after yourself, and you need to. As they say on aeroplanes “put on your own oxygen mask first”!



By Ellie Caldwell,  
adapted from the  
work of Russ Harris