

# Dropping 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”!



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