

# Positive **Anchoring**

## **Breathing**

Keep using nice, regular breaths from the diaphragm.... first in through the nose, then out through the mouth. Use smooth inhalations and exhalations – there’s no need to ever hold your breath.

## **Identify Your Happy Place**

Think of a time when you felt calm and relaxed...It may have been on a beach with the sound of waves in your ears and the sun on your face, it may be walking through a peaceful woodland, it may be simply lying in bed. Take a moment to find your personal place.

## **Main Exercise**

- Be mindful of your breathing. Keep it regular and strong but don’t over-breathe
- Touch your fourth finger (ring finger) firmly to your thumb. Hold this all the way through the exercise to anchor the feeling (please note this is just a good example - you can choose any special spot to press or hold, but it must be a thing that you can use consistently and to keep its power it must be unique to this exercise).
- What do the surroundings look like? Concentrate on the detail to make it more real. Breathe.
- Now begin to make the pictures more detailed and colourful - even emphasise the colours to more than they are in real life; like turning up the colour and contrast on a television.
- What are the sounds like? Breathe.
- Is it warm or cool?
- Let the picture move if it hasn’t already, look around and decide if you want to stay where you are, or walk about. Breathe regularly and sink into your image further...stay there as long as you feel necessary.

## **To Finish**

End the exercise with good posture and some more breathing exercise (as at the start) to get back into your body after the exertion! Count, up from 1 to 10 – becoming more awake and aware of the room.

## **Extra Tips**

The more you use this exercise, the more powerful it will become. To add to its potency, whenever situations arise that fit with your “happy place” feeling, you can assume the position and “drink in” the feeling at that time. In this way, you can “stack” positive emotions one on top of the other, so that when you feel the need to draw on this feeling, it’s more immediate and stronger.