

# Anchor Breathing

Focus your mind on one point.

## Anchor Breathing Guide

1. Picture yourself on a boat: Imagine floating peacefully, feeling calm, safe, and at ease.
2. Notice the anchor: The boat's anchor keeps it steady and secure, just where it needs to be.
3. Your body has anchors too: Like the boat, your body has natural anchors that help you feel grounded—your belly, nose, mouth, chest, and lungs.
4. Place your hands on your chest: Take a deep, gentle breath in, and let it out slowly.
5. Feel your breath: Notice your ribs rising and falling with each breath, steady and rhythmic like the ocean's waves.
6. Refocus gently: If your mind drifts, bring your attention back to your chosen anchor point, inviting calm and connection.

## What is my mind working on?

When you find yourself having difficulty focusing on your anchor during this exercise, gently redirect your mind back to the practice of breathing and placing your attention on your anchor spot.

If you notice your mind continues to wander during this exercise, approach yourself from a place of gentle curiosity. If your thoughts continuously go to one place, allow your wandering thoughts the opportunity to give you insight on what your mind might be working on. Give yourself permission to allow these recurring thoughts to be prompts for further self-exploration.