

Your Breathe Is An Anchor To This Moment

Think of your chest, and imagine you're breathing as an anchor to this moment. You might even want to envision an anchor in your chest area. Your breath can be an anchor, a constant, on which you can focus when you're stressed. It is always with you, and when you notice it, it can ground you and calm you down.

Imagine an anchor that has been dropped into the water to keep a boat moored. As the boat tries to move with the waves, the anchor keeps the boat in place. When you feel like your boat is being pulled adrift by stress, remember your breath is an anchor that can hold you in place and bring you back to the present.

Take a few seconds and notice your breathing. Perhaps you notice where you bring air in on your next in-breath, through the nose or mouth; then notice where you release air out on your next out-breath, through your nose or mouth. Follow a breath down into your belly; notice your belly rise on the in-breath and gently fall on the out-breath. What do you notice about your breathing?

Begin to notice the air around your fingers. Notice sensations on your hands. Begin to count your breaths. You might want to walk and notice your feet touching the ground. Notice your heartbeat, which is a constant and always with you. Notice the connection between your breathing and your heartbeat.

Remember, you can turn to these grounding focal points when you are feeling out of control, overwhelmed, frustrated, angry, or having other difficult emotions, and need to ground yourself in the moment. They are also helping to get you out of your head when you can't stop thinking about your to-do list, worrying about the future, or replaying the past.

Adapted from *Be Mindful & Stress Less* by Gina M. Biegel