

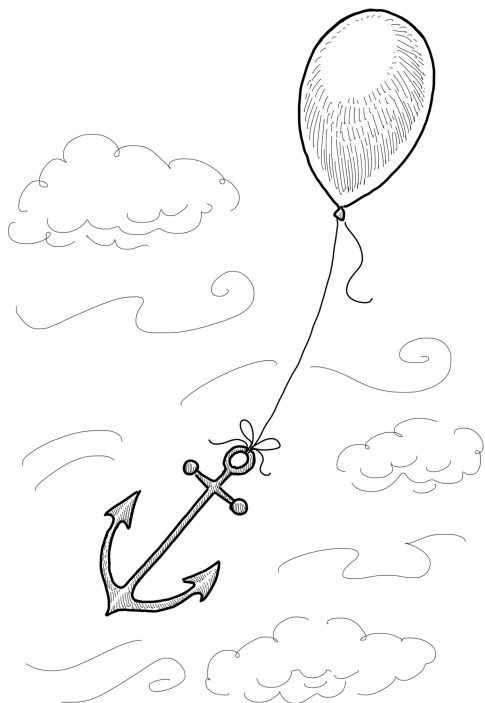
EXERCISE 4:

ANCHOR OF AIR



PAUSE AFTER READING EACH PHRASE ALOUD

- * Sit up tall with your feet flat on the floor. If you are comfortable doing so, close your eyes...
Relax your arms and legs completely, allowing your body to feel heavy.
- * Breathe in slowly through your nose...
Then breathe out slowly through your nose...
Continue to breathe deeply, inhaling and exhaling completely.
- * As you breathe, thoughts will come into your head, taking your attention somewhere else...
Use your breath as your anchor, pulling your attention back to this moment. (30–60 seconds)
- * Your mind may be drifting to things that you're excited about or worried about...
Return to your anchoring breath, inhaling and exhaling fully, reminding yourself that you are here in this room and nowhere else. (30–60 seconds)
- * Now take 5 more anchoring breaths, pausing after each exhale to feel the calm before the next inhale...
When you're ready, open your eyes.



END