



# The ANCHOR Method

— A Resilience Guide —

## **A** *Accknowledge* What's happening?

- Name what you feel:

\_\_\_\_\_

- What just happened?

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## **N** *Nervous System* Calm the body

- Focus on your breath:

- Inhale \_\_\_\_\_, Exhale \_\_\_\_\_

- Ground yourself:

\_\_\_\_\_

## **C** *Connect* Reach out

- Who could support you? \_\_\_\_\_

- What do you need right now? \_\_\_\_\_

## **H** *Hold* Be kind to yourself

- What would you say to a friend? \_\_\_\_\_

- Give yourself compassion: \_\_\_\_\_

## **O** *Orient* Find your focus

- What matters most right now? \_\_\_\_\_

- What can wait until later? \_\_\_\_\_

## **R** *Respond* Take one small step

- What's one thing you can do next? \_\_\_\_\_

————— I am anchored. I am safe enough. I can take one small step. —————