



ANCHOR FOUNDATION RESILENCY COURSE

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THE ANCHOR METHOD

A Self-Guided Course for Resilience & Crisis Navigation

HOW TO USE THIS COURSE

This course is designed to be:

- Self-paced
- Simple and practical
- Used in real life—not just read

You can:

- Complete one section per day
- Or move through it all at once

You don't need to do this perfectly—just begin.

PART 1: UNDERSTANDING RESILIENCE

What is Resilience?

Resilience is not:

- Being strong all the time
- Avoiding stress or struggle

Resilience *is*:

- Returning to yourself
- Taking the next small step

You are not broken.

Your system is responding the way it was designed to.

Quick Reflection

Write:

- A recent moment that felt overwhelming:

- What did you feel?

PART 2: THE ANCHOR METHOD

This is your step-by-step guide for navigating stress, overwhelm, or crisis.

A — ACKNOWLEDGE

What this means:

Name what is happening—without judgment.

Why it matters:

What you don't name, controls you.

Practice

Complete:

- Right now, I feel: _____
- Because: _____

Body Awareness

Where do you feel this in your body?

Reminder:

Naming your experience is the first step toward regaining control.

N — NERVOUS SYSTEM

What this means:

Calm your body so your mind can think clearly.

Why it matters:

You cannot problem-solve while your body is in panic.

Practice: Breathing Reset

- Inhale slowly for 4
- Exhale slowly for 6
- Repeat 5 times

Reflection

After breathing, I notice:

Reminder:

You are safe enough to slow down.

C — CONNECT

What this means:

Move out of isolation.

Why it matters:

Connection regulates your nervous system.

Practice

- Someone I trust is: _____
- A message I could send:

If reaching out feels hard:

Try this:

“I don’t need fixing, I just don’t want to feel alone.”

Reminder:

You don’t have to do this alone.

H — HOLD (SELF-COMPASSION)

What this means:

Support yourself instead of criticizing yourself.

Why it matters:

Your inner voice shapes your resilience.

Practice

Write the thought you’re having:

Now rewrite it with compassion:

Example:

“I’m failing” → “I’m struggling, and that’s human and ok.”

Reminder:

Speak to yourself like someone you care about.

O — ORIENT

What this means:

Focus on what actually matters right now.

Why it matters:

Stress makes everything feel urgent—but it isn't.

Practice

Right now:

- What matters most?
- What can wait?

Reminder:

You don't need to solve everything—just this moment.

R — RESPOND

What this means:

Take one small, doable step.

Why it matters:

Action builds momentum and reduces overwhelm.

Practice

My next small step is:

Keep it simple:

- Drink water
- Send one message
- Step outside
- Sit and rest

Reminder:

Small steps are powerful.

PART 3: PUTTING IT ALL TOGETHER

Your Personal ANCHOR Plan

Fill this out:

When I feel: _____

I will:

A— Acknowledge: _____

N— Calm my body by: _____

C— Connect with: _____

H— Remind myself: _____

O— Focus on: _____

R— Take this step: _____

PART 4: USING THIS IN REAL LIFE

You don't need all steps every time.

Sometimes:

- You just breathe (N)
- Or take one step (R)

This is a tool—not a rule.

Quick Version (In the Moment)

1. Name it
2. Breathe
3. Reach out
4. Be kind to yourself
5. Focus
6. Take one step

FINAL ANCHOR PHRASE

Say this when you need grounding:

I am anchored.

I am safe enough.

I can take one small step.

OPTIONAL DAILY PRACTICE

Each day, write:

- One thing I felt: _____
- One thing I did: _____
- One step I took: _____

CLOSING

You are not expected to have it all together.

You are learning how to:

- Stay
- Breathe
- Respond

That is resilience.



The ANCHOR Method

A Resilience Guide

A Acknowledge *What's happening?*

- Name what you feel:

- What just happened?

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. _____