

Discover Your Anchors of Safety

This exercise helps you identify the specific things that help bring you back to a calm, grounded state when life feels overwhelming. It's a practice to help you feel more regulated and safe, especially during times of stress. Your anchors of safety are things, people, places, or moments that help you stay connected to your sense of safety and calm. You can refer back to this exercise over time to deepen your understanding of what helps you return to a regulated state.

Who: Safe People

Reflect on the people who make you feel safe and at ease. Write down a list of people who bring you a sense of security and comfort. These might include loved ones, close friends, or even pets who help you feel calm. You may also want to consider individuals who have passed, people you admire from afar, or even spiritual figures who give you a sense of peace.

Examples:

- A close friend who always listens without judgment.
- My dog, who brings a sense of calm just by being near me.
- A mentor or spiritual leader whose presence helps me feel grounded.

What: Actions or Habits that Bring Comfort

Think about the activities that help bring you back into a calm, peaceful state. These may be simple actions you do throughout your day that help you feel grounded or connected. It could be something small but nourishing that helps bring your body and mind into alignment.

Examples:

- Drinking a warm cup of tea while listening to soft music.
- Taking a walk in nature or through a park.
- Journaling or sketching to clear my mind.

Where: Places That Feel Safe

Identify physical spaces or environments that make you feel safe and supported. This could include places at home, outside, or within your community where you feel a sense of calm and refuge. Think about the places you go that help you breathe easier and reconnect with your body.

Examples:

- My favorite park bench where I sit to unwind and reflect.
- A quiet corner in my living room where I can meditate.
- A cozy café with a warm atmosphere where I feel at peace.

When: Moments in Time That Anchor You

Identify the times of day or specific moments when you feel most centered and calm. This could be a specific time of day that feels particularly grounding or moments in your routine that bring clarity and focus. Reflect on these moments to create a connection to your body's natural rhythms.

Examples:

- Early mornings before the world wakes up, with a cup of coffee and quiet.
- The calm of a Sunday evening when I reflect on my week.
- The moment I return home after a busy day at work and can decompress.

Creating Your Personal Anchors of Safety

Now that you've thought about people, places, actions, and times that make you feel safe and grounded, gather them in a way that makes sense for you. You can write them in a journal, create a visual list with images, or even post sticky notes around your space to remind you. The goal is to have a visual or physical reminder of your anchors of safety that you can access when you need to feel more centered.

Ideas for Organizing Your Anchors of Safety

- Create a vision board or journal pages with words or images representing your anchors of safety.
- Make a list and post it somewhere you can see it often, like on your fridge or desk.
- Write them on index cards and keep them in your wallet or on your desk for easy access.

Tips:

- It's okay if you don't feel like you have a lot of anchors of safety right now. Many people begin with just one or two, and then as you work through the process, you'll discover more.
- The "who" category can be particularly tricky if you're still in the process of rebuilding safe relationships. If that's the case, you might find that you need to rely on memories or your connection with animals, mentors, or spiritual guides.
- Keep coming back to your list as you discover new anchors of safety. The more you practice, the easier it will be to recognize them and call on them when needed.



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