

Dropping anchor.

Make a little space before responding.

A — Acknowledge

Name a thought, feeling or urge:

“I’m noticing worry.”

“I’m having the thought that I’ll get it wrong.”

C — Connect

Feel your feet on the floor or the chair supporting you.

Gently move your shoulders or hands.
Notice how it feels.

Let your breath be natural.

E — Engage

Notice something you can see or hear.

Return your attention to the conversation or task.

“What would be helpful next?”