



Council for
Intellectual Disability



The Anchor

An exercise to help you feel calm

July 2020



Easy Read



Sometimes things in life can feel hard or difficult.

Sometimes you may feel anxious.

Anxious is feeling scared, stressed or worried.



There are things you can do to help you feel calm.

Try this exercise and see if it helps you.

Follow the steps on the next page.

The anchor exercise



First, stop and be still.

Once you know the exercise you can close your eyes if it helps.



Take slow breaths
in
and
out.

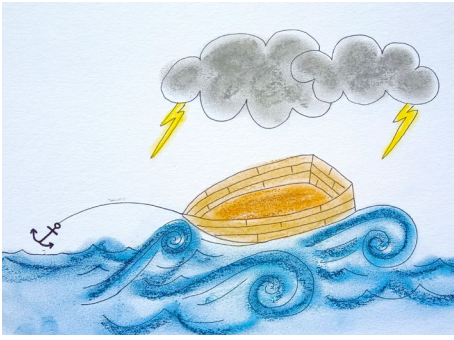


Think about a boat on the sea.

When you are anxious it can feel like a boat in a storm.

You may have lots of feelings like big waves crashing around the boat.

You may feel scared.



To stop and be still a boat needs to have the anchor down.

Think of throwing the anchor out of the boat.

Think about the anchor going down into the deep blue sea.



The anchor goes down into the sand below.

It stops the boat from moving.

The boat is safe now.

Think of feeling safe and still like the boat.



Think of the storm clouds moving away.

The sky is clear and the sun is coming out.

Think of the waves being flat and gentle.

The sea is calm.

Think of feeling calm like the sea.

When to do the exercise



When you are feeling anxious you can picture this exercise in your mind.

You can do it anytime.



You can try it by yourself or with a friend.

You can ask someone you trust to show you what to do.

To get the exercise on your phone go to www.cid.org.au/anchor



For more information contact CID

Call **1800 424 065** or

email info@cid.org.au

If you need to talk to someone you can call

- Lifeline **13 11 14**
- Beyond Blue **1300 22 4636**



Contact CID



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