

## Inner Advisor

By Andrew Leeds

Identify a current small issue or problem you would like to address.

Begin to relax by taking a comfortable position. Loosen any restricting clothing. Take a few deep breaths and begin to let go of tension as you release each breath. Allow yourself to relax more deeply, allowing your body to let go and your mind to become quiet and still.

Imagine yourself in a special place of beauty and serenity. Take some time to experience the peacefulness and tranquility you find in this place. When you are ready, invite your inner advisor to join you in this special place. Just allow an image to form that represents your inner advisor, a wise, kind figure who knows you well. Let your inner advisor appear in any way that comes and accept that as it is for now. Your inner advisor may come in many forms—a wise old man or woman, a friendly animal or bird, a ball of light, a friend or relative, fictional character, or a religious or spiritual figure. You may not have a visual image at all, but a sense of peacefulness and kindness. Accept your advisor as it appears.

Invite your inner advisor to be comfortable there with you. When you are ready, you're your inner advisor about your problem. Ask any questions you have concerning this situation; take all the time you need to do this.

Now listen carefully to your advisor's response, as you would to a wise and respected teacher. You may imagine your advisor talking with you or you may simply have a direct sense of its message in some other way.

Imagine what your life would be like if you took the advice you have received and put it into action. Spend several moments visualizing this.

When it seems right, thank your advisor for meeting with you, and remember that your advisor is always with you, ready to offer support whenever you need.

Take several deep breaths, and when you're ready return your attention to the room.

## **Light Stream**

By Francine Shapiro

Take a moment to sit comfortably and take some deep breaths. Simply notice your body sensations.

Concentrate on a feeling in your body.

If the feeling had a shape, what would it be?

And if it had a size, what would it be?

If it had a color, what would it be?

Which of your favorite colors might you associate with healing?

Imagine that this favorite-colored light is coming in through the top of your head and directing itself at the shape in your body. Let's pretend that the source of this light is the cosmos: The more you use, the more you have available. Allow this light to direct itself at the shape allow it to penetrate and permeate it, resonating and vibrating in and around it.

As it does, just notice what happens to the shape, size or color.

As the light continues to direct itself to that area, you can now allow the light to come in and gently and easily fill your entire head. Now allow it to descend through your neck, into your shoulders, and down your arms, into your hands and out your fingertips.

Now allow it to come down your neck and into the trunk of your body, easily and gently. Now allow it to descend through your hips and into your legs, streaming down your legs and flowing out your feet.

When you are ready, you may return to your awareness in the room.

## **5-4-3-2-1 Grounding**

This exercise pulls your focus back into the present moment

- Notice 5 things you see
- Notice 4 things you can feel
- Notice 3 things you can hear
- Notice 2 things you can smell
- Notice 1 things you can taste

## **Name & Describe**

This exercise is helpful when your thoughts feel loud

Silently say:

- Your name
- Your age
- Where you are
- What day it is
- Then describe one object near you in detail (color, shape, texture)

## **Temperature Grounding**

This exercise helps give you a quick body reset

- Hold something cold (ice, cold water bottle, frozen rag)
- Or splash cold water on your face
- Or hold something warm (mug of tea/coffee)

## Dropping Anchor (ACE Skill)

By Russ Harris

What is ‘Dropping Anchor’ and How Does It Help?

Dropping anchor is a very useful skill. You can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; focusing your attention on the task or activity you are doing; developing more self-control; and as a ‘circuit-breaker’ for impulsive, compulsive, aggressive, addictive or other problematic behaviors.

NOTE: please don’t skip the A of ACE; it’s so important to keep acknowledging the thoughts and feelings present, especially if they are difficult or uncomfortable. If you skip the A, this exercise will turn into a distraction technique – which it’s not supposed to be.

What is involved?

Dropping anchor involves playing around with a simple formula:

- ACE
  - A: Acknowledge your thoughts and feelings. Silently and kindly acknowledge whatever is ‘showing up’ inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what’s going on in your inner world. Say something like “Here is anxiety” or “Here is the same dooms day thought.” And while continuing to acknowledge your thoughts and feelings . . . .
  - C: Come back into your body. Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:
    - Slowly pushing your feet hard into the floor.
    - Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
    - Slowly pressing your fingertips together
    - Slowly stretching your arms or neck, shrugging your shoulders.
    - Slowly breathing
    - Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence, and at the same time, come back into and connect with your body. In other words, you are expanding your focus: aware of your

thoughts and feelings, and also aware of your body while actively moving it. And while acknowledging your thoughts and feelings, and connecting with your body . . .

- E: Engage in what you're doing. Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:
  - Look around the room and notice 5 things you can see.
  - Notice 3 or 4 things you can hear.
  - Notice what you can smell or taste or sense in your nose and mouth.
  - Notice what you are doing.

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise. End the exercise by giving your full attention to the task or activity at hand.

Practice often!

## **Progressive Muscle Relaxation**

Start by getting comfortable.

Sit back or lie down in a position where your body can fully relax.

Let your eyes close if that feels comfortable.

Take a slow breath in...  
and a long, easy breath out.

Again, inhale gently...  
and exhale, letting your body begin to settle.

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### **Hands and Arms**

Bring your attention to your hands.  
Squeeze your hands into fists.

Hold... feel the tension in your fingers and forearms.

Now release.  
Let your hands open and soften completely.

Notice the difference between tension and relaxation.

Now bend your elbows and tense your biceps.  
Hold... feel the tightness.

And release.  
Let your arms fall heavy and relaxed.

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### **Face and Jaw**

Wrinkle your forehead.  
Squeeze the muscles around your eyes.

Hold... notice the tension.

Now release.  
Smooth your forehead. Let your eyes rest softly.

Clench your jaw gently.

Hold... feel the tightness.

And release.  
Let your jaw hang loose. Let your tongue rest comfortably.

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### **Neck and Shoulders**

Gently pull your shoulders up toward your ears.

Hold... notice the tension.

Now release.  
Let your shoulders drop heavy and relaxed.

Tilt your head slightly back or gently tighten your neck muscles.

Hold...

And release.  
Let your neck soften completely.

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### **Chest and Back**

Take a deep breath in and hold it, gently expanding your chest.

Hold... notice the pressure.

Exhale and release.

Let your chest fall naturally.

Now gently arch your back or tighten your upper back muscles.

Hold...

And release.

Let your back rest fully supported.

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### **Stomach**

Tighten your stomach muscles.

Hold... notice the sensation.

And release.

Let your belly soften completely. Allow it to rise and fall naturally.

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### **Legs and Feet**

Press your thighs together or tighten your thigh muscles.

Hold...

And release. Let your legs feel heavy.

Point your toes downward, tightening your calves.

Hold...

And release.

Now pull your toes upward toward your face.

Hold...

And release completely.

Let your feet relax fully.

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### **Final Relaxation**

Now bring your attention to your whole body.

Notice the difference between tension and relaxation.

Feel your body heavy, supported, and at ease.

Take a slow inhale...  
and a long, calming exhale.

Let your whole body soften a little more with each breath.

Stay here for a few moments, simply resting.

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When you're ready, gently move your fingers and toes.  
And slowly open your eyes, bringing this calm awareness with you.

## **Progressive Muscle Relaxation (Kids version)**

### **Hands & Arms**

Pretend you are squeezing a whole lemon in your left hand. Squeeze it hard. Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Repeat with other hand.

### **Arms and Shoulders**

Pretend you are a furry, lazy cat. You want to stretch. Stretch your arms out in front of you. Raise them up high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side. Okay kitten, stretch again. Repeat.

### **Shoulder and Neck**

Now pretend you are a turtle. You're sitting out on a rock by a nice, peaceful pond, just relaxing in the warm sun. It feels nice and warm and safe here. Oh-Oh! You sense danger. Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight. It isn't easy to be a turtle in a shell. The danger is past now. You can come out into the warm sunshine and once again you can relax and feel the warm sunshine. Watch out now. More danger. Hurry pull your head back into your house and hold it tight. Repeat.

## **Jaw**

You have a giant jawbreaker bubble gum in your mouth. It's very hard to chew. Bite down on it. Hard! Let your neck muscles help you. Now relax. Just let your jaw hang loose. Notice how good it feels just to let your jaw drop. Okay, let's tackle that jawbreaker again now. Repeat.

## **Face and Nose**

Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up real hard. Good. You've chased him away. Now you can relax your nose. Oops here he comes back again. Repeat.

## **Stomach**

Hey! Here comes a cute baby elephant. But he's not watching where he's going. He doesn't see you lying there in the grass, and he's about to step on your stomach. Don't move. You don't have time to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he is going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. That feels so much better. Oops, he's coming this way again. Get ready. Repeat.

## **Legs and Feet**

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep in to the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart, and feel the mud squish up between your toes. Now step out of the mud puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Repeat...

## **Body Scan**

Start by getting comfortable.

You can lie down or sit in a relaxed position. Let your hands rest loosely. Close your eyes if that feels okay.

Take a slow breath in through your nose... and gently exhale through your mouth.  
Again, breathe in... and out.  
Let your breathing return to its natural rhythm.

Now bring your attention to the top of your head.  
Notice any sensations there—tingling, warmth, pressure, or maybe nothing at all.  
There's nothing to fix. Just notice.

Slowly move your attention down to your forehead.  
Let the muscles in your forehead soften.  
Release any tension around your eyes.  
Let your jaw unclench. Let your tongue rest comfortably in your mouth.

Now bring awareness to your neck and shoulders.  
Notice if you're holding any tightness here.  
With each exhale, imagine your shoulders dropping a little heavier, a little softer.

Shift your attention to your arms.  
Your upper arms... elbows... forearms... all the way to your hands and fingers.  
Notice the feeling of contact where your body touches the surface beneath you.

Now bring awareness to your chest.  
Feel the gentle rise and fall of your breath.  
No need to change it—just observe.  
With each breath out, allow your chest to soften.

Move down into your stomach and abdomen.  
Notice any sensations—tightness, warmth, emptiness, or movement.  
Let your belly relax completely.

Now bring attention to your lower back.  
If there is tension, simply notice it without judgment.  
Allow it to soften if it can.

Move your awareness into your hips and pelvis.  
Feel the weight of your body being supported.  
Let this area relax.

Now shift down your legs.  
Thighs... knees... calves... shins... all the way to your ankles.  
Notice any sensations—pressure, temperature, tingling.

Finally, bring attention to your feet.  
Your heels... soles... toes.  
Feel where your body meets the ground or surface beneath you.



Take a moment to feel your whole body at once.  
From head to toe, just as it is right now.

There is nothing to change, nothing to fix.  
Just awareness, and breath.

Take one slow inhale...  
and a long, gentle exhale.

When you're ready, slowly open your eyes or bring your attention back to the room.