



# 5 WAYS TO ANCHOR YOURSELF TO THE PRESENT

If you notice yourself pulled towards feelings & experiences of the past, tethering yourself to the present can be a powerful step towards healing.

# CONNECT TO YOUR BODY

*Our mind can transport to the past, present, and future. But our body only physically exists in the present. Bridging our mind and body through stretching helps us connect to the present.*

1

STRETCH EACH ARM ACROSS YOUR BODY

With your arm extended, look past your fingertips. Find 3 objects of the same color



2

LOCK YOUR ARMS BEHIND YOU, & STRETCH OPEN YOUR CHEST

Take 5 deep breaths. On the exhale repeat the mantra "I release," and name 1 thing that feels hard to hold at the moment.



3

HOLD YOUR ANKLE & STRETCH YOUR  
QUAD MUSCLE

As you hold each leg, name 1 empowering  
truth about who you are today.



4

GENTLY STRETCH YOUR NECK TO EACH  
SIDE

On each side express gratitude for 2 things  
that keep you centered.



5

SLOWLY SINK INTO CHILD'S POSE,  
STRETCHING YOUR LOWER BACK &  
SHOULDERS

Close your eyes and name 2 sounds you can  
hear.



# IT'S THE LITTLE THINGS.

Reclaiming our feelings of sanity and security can feel like an overwhelming task. Overtime I've found it's actually just a series of small commitments linked together by consistency.

When your anxiety starts to crowd in, disruptive thoughts send you for a loop, or a triggering frustration gets you all riled up, take a few minutes and tether yourself.

If you have time and space to move through all 5 stretches, great! If all you can get away with is a subtle neck stretch, wonderful.

The goal is simply this: *invite yourself back home to your body however you can.* It's simple, but it's powerful.

Wishing you all the best!

A handwritten signature in white ink that reads "CHARISSA". The signature is stylized and appears to be written in a cursive or semi-cursive font.