

When life seems stormy
and I'm feeling out of control,
I know I have anchors I can
hold onto until everything
is calm again...

MY ANCHORS

I FEEL SAFE AND CALM WHEN I....

TALK WITH...

LISTEN TO...

IMAGINE...

GO TO...

STOP...

SEE...

PLAY...

SPEND TIME WITH...

SMELL...

STAY AWAY FROM...

TOUCH...

HEAR...