

Finding an Attention Anchor

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

Identify a flexible attention anchor and connect it to a useful next action.

When your mind jumps ahead, a simple anchor may help you reconnect with what you are doing. Choose an option that feels neutral or comfortable. You can keep your eyes open, move, change the exercise, or stop.

Pick an anchor

Try looking at the edges of an object, noticing your feet against the floor, listening for a steady sound, or slowly describing a familiar task. Breathing does not have to be the anchor. Notice one detail at a time for about thirty seconds.

Return with flexibility

Your attention will wander. When you notice, name it gently and return if that feels useful. Then take one small action in the present, such as drinking water or opening the document you were working on. The purpose is participation, not perfect concentration.

An anchor I want to try and one option I want to avoid

What I noticed before and during the practice

How I can make it more comfortable or accessible

A present moment action I will take afterwards