

# Creating a grounding 'Anchor'

**An anchor is something physical or something which stimulates our senses, that we can use to help us to relax.**

**Try this:**

**Either with your partner, or just yourself if that feels better; find a small 'pocket sized' item. It could be a pebble, a small shell, a special coin... anything that feels 'right' that can be easily popped into your pocket.**

**Carve some time out with your partner; sit down together and talk about or maybe even write out what you both dream of for this pregnancy and parenthood. MAKE SURE YOU HAVE YOUR 'ANCHOR ITEM' WITH YOU - either in your hand, or in your pocket.**

**Take this opportunity to really connect with each other, and to allow yourself to be really open to speaking and listening together. There's no right or wrong here - some questions to ponder together could be:**

**\*Which moment in the next 9/10 months am I most excited about?**

**\*What are my fears, my worries?**

**\*What does support look like or feel like for both of us?**

**\*How do we want to feel as a couple going forward? How can we support each other to get here?**

**When you've 'finished' having a wee chat about whatever feels right for you, just take a few moments to connect physically. Hold hands, cuddle, whatever comes naturally. Imagine a warm bubble of light surrounding the 3 of you, protecting and bringing you all together.**

**Now take your 'anchor item' in your hand... give it a lucky rub. Know that this item can now remind you of this connection between you, your partner and your baby. Each time you feel your anchor in your pocket, or if you give it a little rub - you can just say to yourself 'Relax' ... let it be a reminder wherever you go that you're not alone, that the 3 of you are doing this together.**

**You can take your anchor with you anywhere; work, travelling, around the house - even leaving it by your bed if you're struggling to sleep.**



positively  
pregnant for

