



Anchored: 7-Day Grounding Guide

Simple anchors for anxious days.

ANCHOR 001 — MAKE SPACE

Create a dedicated place to calm down, reset, and breathe. It could be a closet, a chair, your backyard, or even your car. This is where your healing starts—by claiming a space that's yours. Quiet. Simple. Intentional.

ANCHOR 002 — COLD THERAPY

Use cold to reset your nervous system in moments of panic. Ice on the neck, chest, or inner thighs can break the fear spiral. It's not a cure—it's a bridge. Use it when the storm hits.

ANCHOR 003 — STRETCH + BREATHE

Your body stores anxiety. Stretching and deep breathing signals to your nervous system that you're safe. Start with slow movements. Inhale for 4, hold for 4, exhale for 6. Repeat. Reclaim calm from the inside out.

ANCHOR 004 — JOURNALING

When the chaos is loud, your thoughts need a place to land. Write without judgment. List your fears, your prayers, your hopes—or just repeat “God help me” if that's all you've got. The page doesn't judge. It just listens.



ANCHORS 005–007: CONTINUE THE WORK

These last three anchors complete your grounding reset.

ANCHOR 005 — STILLNESS

Most of us can't sit in silence.

We use noise to escape our own minds.

Try 60 seconds with no music, no podcast, no scrolling. Just sit. Breathe. Listen.

Learn to be alone without being afraid.

ANCHOR 006 — DIGITAL DETOX

Scrolling burns your focus, rewires your brain, and feeds anxiety.

Try stepping away from your screen—even for 30 minutes.

Delete apps, set timers, turn off notifications.

Take back control. Don't be the algorithm's slave.

ANCHOR 007 — WALK FORWARD

When your body moves, your mind heals.

Go outside. No headphones. No distractions. Just walk.

Feel the air. Hear the birds. Notice life around you.

You're not stuck. You're alive. You're moving forward.

You made it to the end of the guide. That means you're already choosing to fight.

Every anchor here is a tool—not to escape the storm, but to stand in it with calm and clarity.

You're not weak. You're rebuilding.

And you're not alone.



Founder, Anchored Brotherhood

Built for the storms. Grounded for life.

Want the daily breakdowns? Check your email or visit AnchoredBrotherhood.com.