



Appendix J: Emotional Anchoring Toolkit

When Emotions Spike

The 60-Second Reset

1. Take three slow breaths.
2. Drink water.
3. Unclench your jaw.
4. Relax your shoulders.
5. Focus on one next step.

Anchor Phrases

- One step at a time.
- Stay present.
- We can do hard things.
- Ask the next question.
- Clarity over panic.

- My presence matters.
- I am doing my best with what I know today.

Reflection Questions

What is one thing I can control today?

Who can help me carry this?

What needs my attention right now?

What can wait until tomorrow?

Signs You Need a Break

- ☐ Irritable
- ☐ Unable to focus
- ☐ Crying frequently
- ☐ Forgetting information
- ☐ Physical exhaustion
- ☐ Skipping meals
- ☐ Sleep disruption