



Touch Your Smiley Takeaway

The Touch your Smiley Takeaway is a fun example of using a technique called anchoring to change your state of mind and help manage your emotional well-being!

Before you start draw or print a picture of a smiley face like the one below. If you want to use it again and again you could laminate it. You can make it A4 size or smaller. It is a good to make a passport photo size smiley to keep in your purse or wallet.



So when you have your smiley picture ready you can use it as an anchor to change your mood or mind set. Here goes:

- Place your Smiley on the table or desk in front of you so that you can see it and touch it easily.
- Close your eyes and remember a time when you felt the way you want to feel right now (Confident, Happy, Secure etc). Let the memories flow into your mind until you have one that is specific and this feeling was particularly strong or memorable. If you don't have a memory that is particularly powerful imagine what you want it to be like and create the scene in your mind.
- Now as you go back to that time float into your own body so that you are seeing the events through your own eyes, hearing the sounds through your own ears and really feeling the sensations of being totally in that state of mind. Take notice of all of the detail, all of the sights, all of the sounds and smells. Notice how you feel and how the feeling resonates through your body.
- As you feel the emotions flowing through your body and just as that feeling reaches a peak open your eyes and touch your picture of your smiley.
- Look at your shoes. What colour are they? (To distract you from the memory).
- Now we are going to test the anchor. So try and think of a situation in the future were you would like to feel this particular way.
- When you are ready touch your smiley to trigger the anchor. Notice what happens.

Put your smiley in a place where you can use it whenever you need to.

An example might be if you have used Confidence as the particular state of mind. When you are going to a meeting, to help you feel confident touch your smiley just before you go into the meeting and see how confident you feel. It works every time.

Have fun!