

Anchorquest — Concept Poster

Print this and pin it up — an at-a-glance map of the Anchorquest cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Elle	Notice the thought — metacognitive catch
Quentin	Name the distortion — cognitive-distortion spotter
Anouk	Reframe — cognitive reappraisal
Sylvan	Grounding & body regulation
Ondine	Stress appraisal — challenge vs. threat
Philippa	(Mentor) — guides reflect-on-approach

Key ideas at a glance

The big concepts this cast helps you master:

- Metacognitive catch — spotting the automatic thought
- Naming two common cognitive distortions

- Three more common cognitive distortions
 - Building a more accurate, balanced thought
 - Calming the nervous system: breath, senses, 5-4-3-2-1
 - How you interpret a demand shapes your stress
 - What happens in the brain and body under stress
 - How sleep and daily habits shape mood
 - Normal worry, when it's more, and when to reach out
 - Understanding low mood: signs, myths, and facts
 - Who to reach out to and how to ask
 - Helping a friend while respecting your own limits
 - Applying the skills in real high-pressure moments
 - Treating yourself with the kindness you'd give a friend
 - Turning the skills into a plan you'll actually use
 - Integrating the full toolkit end to end
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