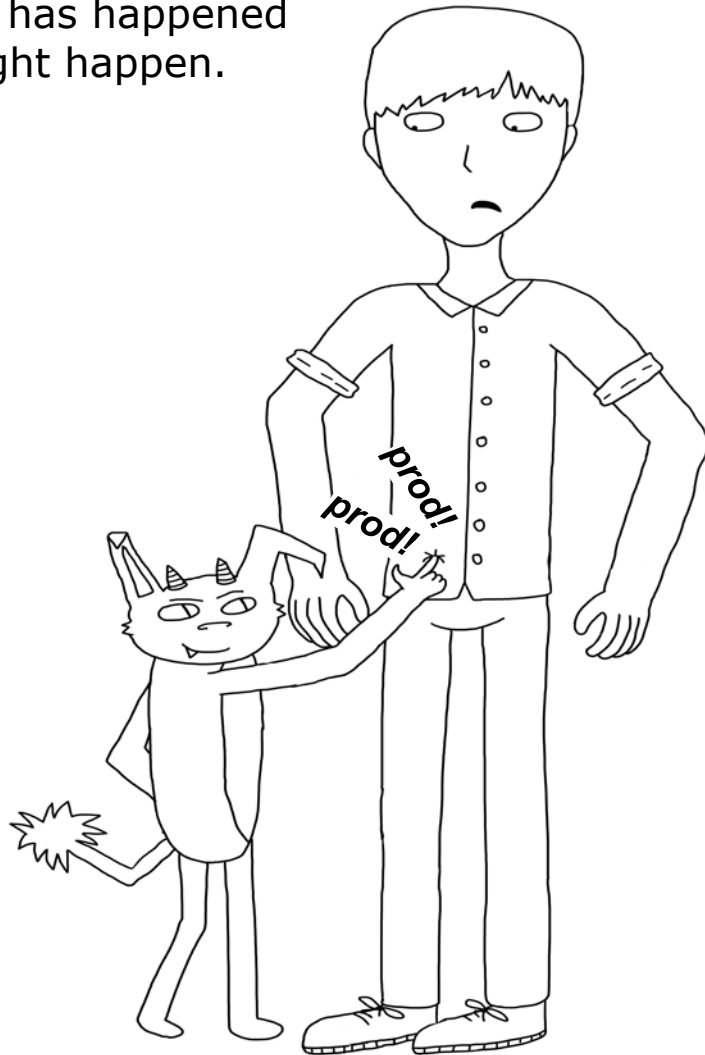


You will notice that the annoying anxiety creature not only finds things for us to worry about but also reminds us to keep on worrying. A nervous tummy is like a constant voice or constant prodding that reminds us to feel unhappy and to keep thinking over and over about what has happened or what might happen.



We can feel better by putting our attention on real sensations in our body and ignoring the fake nervous feeling. Stand up if you can and put your hands on your tummy (where the nervous feeling is) and press gently. Close your eyes. Think about the feelings in your hands for a few moment ... tingling? pressing? warm? Next put your attention on the feeling of your feet on the ground ... tingling? pressing? heavy? can you feel your feet in your shoes or touching the ground? Keep changing your attention 2 or 3 times every minute ... hands...feet...hands...feet... be present in the moment ... relax ... feel the sensations ...

