• ***Stop, Drop, Walk – Vir McCoy***

When you are having anxious or depressing thoughts, practicing this exercise can help you find your way out of the cycles of worrying.

**1. Stop.** When you feel your mind spinning out, catastrophizing out- comes or obsessing over symptoms and remedies, you can simply say, “Stop,” silently or out loud.

**2. Heart Drop.** Take a big breath and think about the things you love, just as you did in the preceding meditation, and drop your awareness into your heart. Anchor your awareness there in that feeling of love.

**3. Gut Drop.** Now take your awareness and drop it lower into the gut, imagine there is a hot fire or ember there. Stoke that fire by imag- ining a time when you were in full health and doing something active—skiing, playing baseball, making love, or just going for a run. Bring that feeling of health into the present. Now notice the feeling of heat or fire in your belly. Get fierce; tap in to the warrior within. No stupid little bug is going to take you. Feel how powerful you are. Add some quick breaths of fire to activate the gut even more (see exercise on page 79).

**4. Walk.** Then take three deep breaths and do something else. Distract yourself. Go for a walk, do some yoga, watch a comedy, talk to someone, do what you love instead.

Repeat as needed.