

Somatic Tracking Practice

A guide to calming body sensations and reducing health-related worry

What Is Somatic Tracking?

When we feel anxious about our health, it's very common to get caught in a loop:
We notice a body sensation → We worry about it → Our worry makes us feel worse → We notice more sensations → The cycle repeats.

Over time, this teaches our brain that body sensations are dangerous — even when they are not.

Somatic Tracking is a way to gently break that cycle.

It helps you learn to pay calm, curious attention to your body sensations, instead of reacting with fear, checking, or avoidance.

By doing this, you are teaching your brain and body:

“This sensation is uncomfortable, but it is not dangerous. I am safe.”

Over time, this can reduce the fear around body sensations, ease anxiety, and help your nervous system feel calmer.

Why Practice This?

- It helps you develop a calmer relationship with your body.
 - It trains your brain to stop treating normal sensations as threats.
 - It breaks the cycle of constant checking, reassurance-seeking, and worry.
 - It supports long-term healing from health anxiety.
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How to Practice Somatic Tracking

You can use this practice anytime you notice an uncomfortable body sensation — like stomach pain, tension, tightness, or strange feelings that trigger worry.

The goal is not to make the sensation go away. The goal is to teach your body and brain that it is safe to be present with the sensation.

1 Get Grounded

Sit or lie down in a comfortable position.

Take a slow, easy breath.

Feel your feet on the floor or your body supported by the chair or bed.

Just settle in for a moment.

2 Notice the Sensation

Gently bring your attention to the part of your body that feels uncomfortable.

Maybe it's your stomach, chest, throat, or somewhere else.

Just notice: *What's happening there right now?*

3 Observe with Curiosity

See if you can describe the sensation in simple words:

- Is it warm, tight, fluttery, heavy, buzzing?
- Does it move or stay still?
- Does it change as you pay attention?

You are not trying to analyze or fix it — just observing it like you might watch a cloud in the sky.

4 Remind Yourself You're Safe

As you observe the sensation, gently say to yourself:

“This sensation is uncomfortable, but it's not dangerous.”

“My body is trying to protect me, and that's OK.”

“I can be with this feeling, and I am safe right now.”

You can repeat these phrases as often as you like.

5 Let It Be

Stay with the sensation for about 1–3 minutes, or as long as you feel comfortable. There is no need to make the sensation go away — the goal is simply to be with it calmly.

If your mind wanders or if you start worrying again, that's normal. Gently bring your attention back to the sensation and remind yourself you are safe.

6 Finish the Practice

When you are ready, bring your attention back to the room around you. Notice your feet on the floor again or the support of the chair or bed. Take another slow breath.

Remind yourself: *"I just practiced being with my body in a safe way. I'm helping my brain and body learn a new, calmer pattern."*

Helpful Tips

- You can practice this for just a couple of minutes at first.
- The more often you practice, the more your brain will learn that these sensations are not a threat.
- You don't have to do it perfectly. Every time you try, you are building a new, healthier response.