



THE S.T.O.P. TECHNIQUE



The S.T.O.P. technique is a simple and effective mindfulness-based way to take your attention away from stressful situations and towards your body and breath.



S - STOP

Be mindful in the moment! What are you doing? What are you thinking? Pause what you are doing.

I - TAKE A BREATH

Connect with your body. Breathe in slowly through the nose, expanding the belly, and exhale slowly and deeply through the mouth.



O - OBSERVE

Notice what is happening, both inside and outside. What are your thoughts and feelings? What is going on around you?

P - PROCEED

Mindfully re-engage. What is one thing you can do or say differently now that you have taken a pause?



Ready?

- Practice throughout the day to build awareness of your emotions and reactions to stress
- Use these skills in your next tough conversation and see if you notice a difference!