

The STOP practice

Feeling alarmed? Stressed? Reactive?

STOP!

**S – Stop, pause, set it down,
look away, disengage**



**P – Proceed. What
feels like a wise next
step now?**

**T – Take a breath, feel
the full cycle of
breathing in the body**

**O – Observe first bodily
sensations, then thoughts
and emotions. Be curious.**