

The S.T.O.P. practice

STOP what you are doing. Press the pause button on your thoughts and feelings.

TAKE a few deep breaths to bring yourself fully into the present moment.

OBSERVE what is going on with your body, emotions and mind. What are you feeling? What can you sense around you?

PROCEED with whatever you were doing or about to do. Make a conscious, intentional choice to incorporate what you have just learnt.

