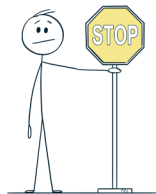


S.T.O.P

Practice



S

Stop what you are doing for a moment

If it's challenging to come to a complete stop, shake off the tension through your arms and legs or simply sway from side to side until you are ready to pause.

T

Take a Breath

Inhale expand. Exhale contract.

Perhaps try a powerful exhale to activate the vagus nerve and start to put the brakes on an overactive stress response.

O

Observe

What's going on for me?

Observe your thoughts feelings, emotions with self-compassion, like you would a good friend.



P

Proceed

Give you and your nervous system what you need.

A soothing hand on heart? A sip of water? No time, no problem. Give yourself what you need later.