



Mindful STOPP Skill

1. S = STOP



Stop what you're doing; put things down for a minute.

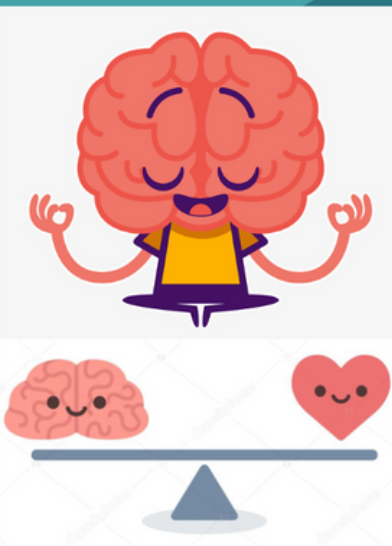


2. T = TAKE A FEW DEEP BREATHS

Follow the 4-counts deep breathing:

- Breathe in for 4 seconds
- Hold your breath for 4 seconds
- Breathe out for 4 seconds

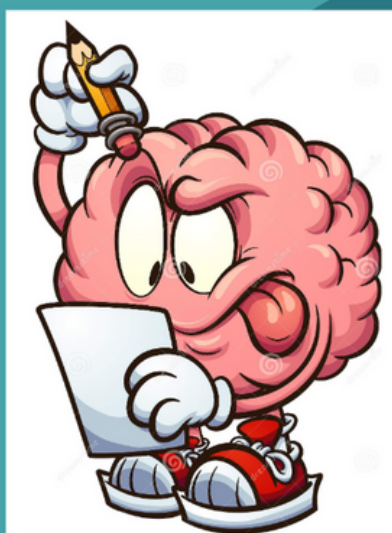
You may also try to visualize the air following into your lungs and back out slowly.



3. O = OBSERVE

Observe your thoughts, feelings and bodily reactions:

- **Thoughts** - "What is going through your mind now?"
- **Feelings/emotions** at present - "Can you name your emotion?", "Fear is a natural emotion"
- **Body reaction** - increased heart rate, sweating, restless, etc



4. P = PUT IN SOME PERSPECTIVES

Re-evaluate your thoughts.

- "Are these worries facts or fear?"
- "Are these thoughts helpful?"



5. P = PRACTICE WHAT WORKS

Make a conscious, intentional choice to do what works in the present, what is most helpful.

References:

<https://www.mindful.org/stressing-out-stop/>

<http://cogbtherapy.com/mindfulness-meditation-blog/mindfulness-stop-skill>