



# STOP

## t e c h n i q u e

Interrupt anxious thoughts and feelings

# S

### Stop.

When you notice yourself feeling anxious or overwhelmed, stop what you're doing or thinking for a moment.

# T

### Take a deep breath.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.

# O

### Observe.

Notice what is happening in your body and mind. Acknowledge the feelings and thoughts are you experiencing.

# P

### Proceed.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.

