

Practice Scenario

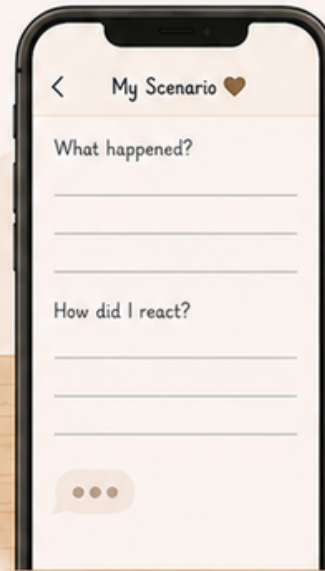


My Personal Triggers

Example:

Your scenario: _____

This triggers me because: _____



1. My first thought



2. My emotion



3. My urge

S

Stop

T

Take a Step Back

O

Observe

P

Proceed Mindfully





4. Mindful response



STOP helps me pause, regulate, and respond with intention.
I can handle challenges at work one step at a time.

