

# P . I . T . S . T . O . P

A **P . I . T . S . T . O . P** gives us the opportunity to stop and pause, not get swept away by our emotions but developing a path to awareness and understanding. Listening to our bodies, emotions and thoughts moment to moment, helps them become recognisable and their role becoming clearer, we become less at war with ourselves and our emotions. Ultimately freeing us from the prison of automatic and emotional overwhelm...

## P - Pause...

Take a pause from your automatic reaction. As soon as you begin to notice feelings such as anger, frustration, anxiety, panic, worry or stress .... Begin your **P . I . T . S . T . O . P**...and Pause.

## I - Inside...

Turn your attention to inside your body. Turning inside your body helps you to begin to come away from your automatic emotional response and begin to become aware of what is happening within your body right now.

## T - Take a breath...

Taking a breath sounds simple and obvious. However, when we feel stressed, anxious, or angry our breath becomes shallow, increasing the emotions and sensations that emotions bring. Deepening, regulating and focusing on your breath lets your body and mind know you are safe. So take a few breaths - follow them in and out wherever you feel them strongest.

## S - Scan the body...

Begin to scan your body, part by part. Moving on to each area after a few breaths. Scan with attention and awareness, noticing sensations, feelings, and emotions that are present, moment to moment. Try not to change anything, just notice, acknowledge and explore with kindness and curiosity.

## T - Turn towards...

Turn towards what you are noticing. Don't try to push anything away or label anything good or bad. Cultivate acceptance within your awareness. If your mind wanders, that's ok, keeping bringing your awareness back to your chosen focused attention.

## O - openness...

Whatever you are experiencing in each moment, notice the constant flux of change. Cultivate space and openness for what you are experiencing right now. Through openness you can begin to develop greater awareness, giving you a clearer understanding of what you feel and the choices you have.

## P - Patience...

Give yourself patience. A **P . I . T . S . T . O . P** can give you the time and space to cultivate awareness. This practice, with patience, will develop a capacity of acceptance and compassion to your problems, feelings and suffering without becoming overwhelmed and ruled by the emotions.