



## The STOP Practice

One of the easiest ways to calm and recenter yourself in the midst of a stressful situation is simply to STOP. We use the STOP acronym as a brief mindfulness practice throughout the day. This can take just a few seconds.

- **S**top what you are doing
- **T**ake 3 deep breaths
- **O**bserve (with warmth) – what you're feeling in your body, emotions, thoughts.
- **P**roceed with what you are doing

We can use STOP during any transitional moment, before having a challenging conversation, before a meeting/call, entering a room, etc. We are giving ourselves a little space and attention to be able to be mindful and self-regulate.