



This is a technique that allows us to gain some distance between distressing thoughts and feelings, reduce the physical reaction of emotion/adrenaline at times of high stress, and helps us to find some calm to help us think more logically and rationally.

1. **S**TOP for just a moment. Say it to yourself, "STOP!"
2. **T**ake a slow, deep breath.
3. **O**bserve – notice your thoughts, feelings, and what you are reacting to.
4. **P**erspective – think to yourself:
 - a. What's the bigger picture?
 - b. What is another way of looking at this situation?
 - c. What advice would I give a friend?
5. **P**roceed – what is the best thing to do right now? Can I use my breathing exercises? Where can I focus my attention right now?