

Stop!

technique



How to interrupt anxious thoughts and feelings

S

Stop.

When you notice yourself feeling anxious or overwhelmed, stop what you are doing or thinking and recognise the feeling

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 react, focusing on activities or thoughts that make you calm and happy.