

The STOP technique

for big emotion moments

S

Stop. Take a moment and pause.

T

Take a step back. Take a breath, focusing on inhalation and exhalation.

O

Observe. Notice your thoughts, feelings and physical sensations, without judgment.

P

Proceed mindfully. After the above, proceed, making active choices about what to do next.

Stop A Moment

ML Yell



Stop A Moment:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Stop A Moment** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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