

# 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

**Lingsheng Yao**



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