

# The STOP Technique

Use STOP when feeling anxious, stressed, angry, or overwhelmed.  
It is a four-step process that interrupts habitual and reactive responses.

**S - Stop**

**Pause whatever  
you're doing.**

**T - Take a deep breath**

**Deep inhale, slow  
exhale. Repeat.**

**O - Observe**

**Notice your thoughts,  
feelings, & physical  
sensations without  
judgement.**

**P - Proceed**

**Choose your next step  
mindfully, instead of  
reacting.**

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Mindfulness  
helps break  
cycles.

Deep Breathing  
activates the  
parasympathetic  
nervous system.

Observing  
emotions  
reduces their  
intensity

By observing,  
we engage the  
rational part  
of the brain,  
which helps to  
make better  
choices  
instead of  
acting out of  
emotion.