**STOP Mindfulness Practice**

Give yourself a moment to come to rest, pause and collect yourself. The STOP practice can help whenever you feel distress, creating space to observe and tame your feelings, and to access the deeper resources within you.

This practice can support you during stressful times or when difficult emotions arise at any point in your day. The four steps can take as little as a few seconds to a few minutes to complete.

**S – Stop**

To begin, the “S” stands simply for stop. Just stop what you’re doing. Give yourself a moment to come to rest, pause, and collect yourself.

**T – Take a Breath**

Take 3 or 4 slow, deep, calming belly breaths, feeling the air coming in through the nostrils, filling your chest and abdomen, and then flowing out slowly. Let’s take 3 or 4 deep breaths, doing this at your own pace. Then let your breathing settle into a natural rhythm.

**O – Observe**

Observe your experience in this moment—check in with yourself in a kind, non-judgmental, curious way. You might notice any thoughts, emotions, or bodily sensations.

What are my thoughts like right now?

What am I feeling right now?

What physical sensations do I notice?

**P – Proceed**

Last, the “P” reminds you to proceed. Now that you have paused, taken a few slow deep breaths, and checked in with yourself, you can choose how best to move forward from here. You can take the next step in your day with clarity and wisdom.