

## How to Practice STOP

- **STOP** what you're doing.
- **TAKE** a few deep breaths, focusing on the sensations of your breathing. This helps reconnect you with the present moment and also creates a buffer between your thoughts and your actions.
- **OBSERVE** what is going on. Ask yourself:
  - What am I thinking?
  - What am I feeling?
  - What am I doing?
  - What are my intentions?
- **PROCEED** with your day with this new sense of mindful awareness (based on how you answered the questions above).