

STOP Technique

Stop / Step Back

Take a moment to pause. Break the cycle of overthinking.
Don't act impulsively.



Take a Breath / Turn Your Attention



Take a deep breath in through your nose, hold it for a second, and exhale slowly through your nose.

Focus your mind on your breathing and notice every breath as you breathe in and out.

Observe / Opinions or Facts?

What thoughts are running through my mind? Where is my attention focused? What am I reacting to? What sensations am I feeling in my body?

Don't try and get rid of your thoughts, acknowledge them for what they are: words to be noticed, not facts.



Put in Perspective / Pull Back



Take a step back and think of the helicopter view.
You might want to ask yourself:

- Is there another way to view this situation?
- What advice would you give to a friend?
- Is this thought a fact or an opinion?
- Is there a more reasonable explanation?