

# STOP

# S

## Beginning with the 'S'

'S' simply stands for STOP

Stop what you are doing. Give yourself a moment to come to rest, pause and collect yourself. You may wish to close your eyes or have them slightly down cast

# T

## Moving onto 'T'

'T' stands for Take

Take a moment to become aware of the sensations of your breath within your body, be curious and feel the movement within your chest and abdomen as you gently breathe. Can you feel the sensations?

# O

## 'O' is for Observe

Observe what is going in the present moment. Observing how you are feeling within your physical body, any tension in the neck and shoulders and discomfort or unease, areas of softness and openness?

Observing what emotions are present? What's your mood? What thoughts do you have?

Do not try to change anything, just observe what's occurring right here right now in this moment

# P

## 'P' refers to Proceed

Proceed with whatever your day brings, with mindfulness and compassion