

The STOP Technique

The STOP Technique is a mindfulness practice that can help you pause and respond more intentionally in challenging situations. Here's how you can use the STOP Technique:

S - Stop: When you notice yourself feeling overwhelmed, anxious, or triggered in any way, pause and physically stop what you are doing.

T - Take a breath: Close your eyes if possible, and take a few deep breaths to center yourself and calm your mind and body.

O - Observe: Notice what thoughts, emotions, and physical sensations are present in the moment. Without judgment, simply observe what is happening within you.

P - Proceed: After taking a moment to stop, breathe, and observe, choose how you want to proceed. Respond to the situation with intention, clarity, and mindfulness.

By practicing the STOP Technique, you can cultivate a sense of awareness and control over your reactions, allowing you to respond more skillfully in challenging moments

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