**STOPP**

**Stop what you’re doing**

**Take a breath and follow your breathing for a while**

**Observe**

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| What physical sensations am I experiencing? Where in my body am I experiencing them?  (i.e. tension in shoulders, headache, increased heart-rate, tightness in throat, uneasiness in stomach, etc.) |
| What feelings or emotions am I experiencing? (use one word to describe each emotion, i.e. sad, angry, upset, anxious, frustrated, etc.) |
| What thoughts am I having? What is going through my mind? What am I saying to myself? |
| What am I doing? How am I acting or behaving right now? What do I want to do? |

**Plan**

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| --- |
| What's the best/most important thing for me to do right now? |

**Proceed to act mindfully based on your plan**