

# STOPP

**S**top what you're doing

**T**ake a breath and follow your breathing for a while

**O**bserve

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?

**P**lan

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

**P**roceed to act mindfully based on your plan