

STOPP

Technique

Learning this one essential skill can help you to take control of your emotions and your life.

Take a few minutes to read through the steps below and start practising!

STOP: Don't act impulsively. Wait.

TAKE A BREATH Breathe in and out a few times slowly.

OBSERVE What am I focusing on? What am I thinking about? What is it that I'm reacting to? What am I feeling in my body?

PERSPECTIVE Consider the bigger picture. Is this fact or is it opinion? Could there be a different way of looking at this? Consider what someone else would say about it? How does this affect other people? What advice would I offer a friend in the same situation? How important is this situation right now?

PRACTISE WHAT WORKS Consider the consequences. What is the best thing to do? Do whatever will help the most!

How to use STOPP

Practise the first two steps frequently for a few days - several times every day.

Read through the steps regularly.

Carry something to remind you of **STOPP**.

Practise STOPP by working through each of the steps several times a day, every day...even when you don't need it.

Start using it for minor upsets - when you notice yourself responding emotionally to something that's happening.

Over time, you'll find that you can use it for more major and distressing situations. Like any new skill or habit, it will become automatic with practice!