

Mindfulness

The S.T.O.P Practice for Stress



Mindfulness is the act of paying attention to the present moment. It involves setting aside distractions, paying attention to our bodies, thoughts and feelings, and accepting our situation without judgment.

Mindfulness can be used as a check on emotional reactions to events in life. If you — feel such a reaction coming on, try the **S.T.O.P.** exercise.

- **Stop** what you are doing and pause for a moment.
- **Take** a breath. Allow yourself to relax with some slow breaths.
- **Observe** what is happening — good or bad — and acknowledge it without judgment. Notice your body if there's any tension or tightness anywhere, including the face.
- **Proceed** with what you were doing, with more awareness of your choices in how to respond. Ask yourself the question of: “What’s most important for me to pay attention to right now?” or “What am I needing right now?”

