

The STOP exercise

S – for Stop: take a break from what you are doing. Turn your attention inward.

T – get in Touch with the sensations or feelings in your body as it is right now. You can anchor into the body in any way that works for you. For example by following your breathing for a few inhalations and exhalations, or by placing your hand on your heart.

O – for Observe. Here you notice symptoms, thoughts, feelings and impulses to act which are present at the moment.

P – for Prioritize. Based on what you observe, do you need to switch activities, take a break or do something differently? The question to ask is not only 'What do I need my body to do now?' but 'What does my body need me to do now?'

