

## S<sub>top</sub>

Give yourself permission to pause for a moment.

## T<sub>ake a breath</sub>

Notice your breathing as you breathe in and out. In through the nose, out through the mouth.

## O<sub>bserve</sub>

- What thoughts are going through your mind right now?
- Where is your focus of attention?
- What are you reacting to?
- What sensations do you notice in your body?

## P<sub>ull back – allow perspective</sub>

- **Don't believe everything that you think.**
- What's the bigger picture?
- Take the helicopter view.
- What is another way of looking at this situation?
- What advice would I give a friend?
- What would a trusted friend say to me right now?
- Is this thought a fact or opinion?
- What is a more reasonable explanation?
- How important is this? How important will it be in 6 months time?
- Feelings pass.

## P<sub>ractice what works – then proceed</sub>

- What is the best thing to do right now?
- What is the most helpful thing for me, for others, for the situation?
- What can I do that fits with my values?
- Where can I focus my attention right now?
- Do what will be effective and appropriate.