



The STOPP Technique



Right now, what do you need to help you find a sense of calm?

STOP

Pause for a moment.
Do not react immediately.

**TAKE A
BREATH**

Breathe slowly in through the nose, then
breathe out through the mouth.

OBSERVE

- What thoughts are going through your mind?
- What are you reacting to?
- What sensations do you notice in your body?

**PULL
BACK
•
GET SOME
PERSPECTIVE**

- What's the bigger picture?
- Think: What advice would I give to a friend, or would they give to me?
- Is this thought, fact or an opinion?
- How important is this?
- How important will it be in 6 months' time?

**PRACTICE
WHAT WORKS
•
PROCEED**

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

You are not alone:

These services are free of charge. Open to all aged 16+ living in B&NES.

Access Community Mental Health

If you need support with your mental health, the team will walk alongside you every step of the way.

Freephone: 0808 175 1369
Email: access@bathmind.org.uk
Open: 9am-5.30pm Monday to Sunday

Breathing Space Evening Support

Experiencing poor mental health, struggling with emotional distress, suicidal ideation or feeling overwhelmed?

Freephone: 0808 175 1369
Email: breathingspace@bathmind.org.uk
Lines open: 5.30pm-11pm Monday to Sunday