

# 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**  
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**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**  
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**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](mailto: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](mailto:breathingspace@bathmind.org.uk)

Lines open: 5.30pm-11pm Monday to Sunday