

Reducing Overwhelm with The STOP Technique

The STOP Technique is a mindfulness-based practice designed to help you defuse stress in the moment.

Creating space in the day to pause, slow down a racing mind, and get back into the present moment has been shown to be incredibly helpful in reducing the the negative effects of stress.

Taking a brief pause—even for less than one minute—can help you gain perspective and determine the best possible action you can take next.

Over time and with practice, this way of responding becomes a habit. As Sharon Salzberg says, “Mindfulness isn’t difficult, we just need to remember to do it.”

Stop

Interrupt your thoughts with the command ‘stop!’ and pause whatever you’re doing.



Take a Breath

Notice your breathing for a second. Breathe in slowly through the nose, expanding the belly, and exhale slowly and deeply through pursed lips.



Observe

Become the observer of your thoughts, emotions and physical reactions. What thoughts do you notice? What emotions are present? How does your body feel? Tune in and sit with whatever arises for a few moments.



Proceed

Mindfully consider how you’d like to respond. What’s **one thing** you can focus on right now? What’s your most important and urgent priority? Narrow down your focus and take it one small step at a time.

