



STOP Stress Method

When tensions run high, walk through the STOP method using the prompts below. These steps will help you reflect on your situation, validate your feelings, and move forward.

S

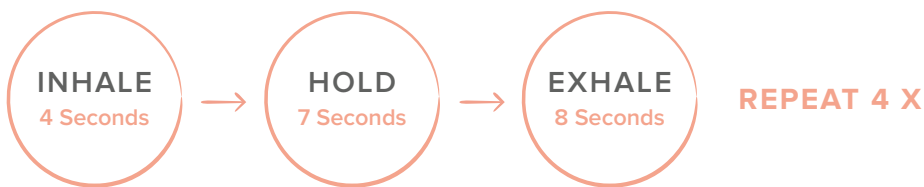
STOP

Take at least five minutes to physically and mentally pause. To reduce distractions, place your phone face down on this page.

T

TAKE A BREATH

Bring down your heart rate with the 4–7–8 breathing method.



O

OBSERVE

Take notice of every emotion and thought and write them down.

What emotions are you feeling?

What thoughts cross your mind?

P

PROCEED

Think about what would help you move forward. What do you need:

Physically

Emotionally

Mentally

