**STOPing During Challenging Moments**

1. Tune into your rising stress level and any sense of feeling “triggered”

2. Notice how you are feeling emotionally and physically – where you are in your reactivity process?

3. Regardless of whether you have already reacted, see if you can use mindful awareness to work through the challenging situation

• **S**top: The power of pausing can help you begin to shift in the situation

• **T**ake a Breath: Use deep breathing (or another anchor) to regain a stable base

• **O**bserve: Use non-judging awareness to turn toward the stressor(s) with curiosity; you might ask yourself:

o What am I noticing now: body, emotions, thoughts?

o What is this? What is this really?

o Where is it coming from (History? Sense of inadequacy? Other?)?

o Is this a pattern that shows up elsewhere for me?

o Is there another way I can see this?

o What is needed now?

• **P**roceed: Choose the healthiest, most skillful response available to you

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor Frankl