

S.T.O.P.

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A Practice of the Pause

STOP brings us to present moment awareness. When you feel distress, use STOP to help you tame big emotions and calm your activated stress response system.

S.	Pause or literally just stop
T.	Take a deep breath (breath is the strongest anchor)
О.	Observe what is arising inside of you including thoughts, emotions and sensations
P.	Proceed with intentionality.

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