

STOPP

Stop

Don't act immediately. Wait.



Take a Breath

Slowly breathe in and out a couple of times.

Observe

What am I thinking about?
What am I focusing on?
What am I reacting to?
What am I feeling in my body?



Pull Back

Zoom out!
See the bigger picture.
Is this fact or opinion?
Is there another way of looking at this?
What would someone else say about it?
How does this affect others?
What advice would I give a friend in this situation?
How important is this situation right now?



Practise what works

Consider the consequences.
What's the BEST thing to do?
Do what will help most!

