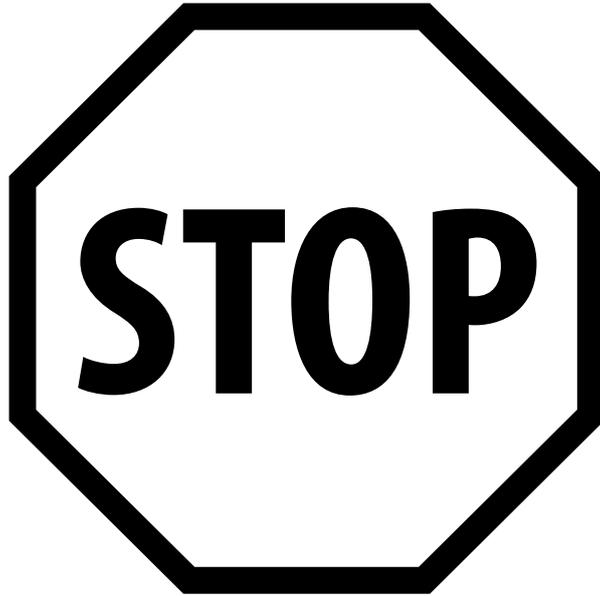


Mindfulness Practice

Sometimes we feel angry, stressed, or worried — and our minds are busy. The STOP practice helps you pause and feel calm again. It only takes a short moment!



S top what you're doing

T ake a breath. Breathe in...breathe out...

O bserve. Notice what is happening. What do you feel in your body? What is happening?

P roceed. Now continue, but more calmly and clearly