

**STOPP**

**TAKE A BREATH**

**OBSERVE:** What am I thinking?

What am I reacting to?

What am I feeling in my body?

**PULL BACK:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?

