

# The STOP Method

When You are Dealing with Conflicts and Upsets

**S**

**STOP! JUST STOP!** Literally, stop all your physical and mental activities. Stop whatever you're doing, **RIGHT NOW!** Literally **FREEZE** in all your movements and whatever else you're doing, if possible! Take a step back, physically, mentally and emotionally.

**T**

**TAKE** a deep **BREATH - RIGHT NOW!** Take many breaths actually. Inhale for 5 seconds, then pause for 5 seconds at the top of your breath, then exhale for 5 seconds, then pause for 5 seconds at the bottom of your breath. If you can repeat for at least 5 minutes or as long as you need or feel comfortable.

**O**

**OBSERVE.** Pay attention to your thoughts, just be aware of your thoughts. pay attention to to your bodily sensations, your feelings, just be aware of your sensations. Also, pay attention to your immediate environment, just be aware of your perceptions ... **JUST OBSERVE!**

**P**

**PROCEED WITH PURPOSE!** What is it that you need right now? Do you need rest? A drink of water, or anything else that is manageable now? Perhaps calming down with a shower or a walk? Need to talk? Or just silence? Decide what servers you right now and do it!