



The S.T.O.P.P Technique

- ★ **S**top
- ★ **T**ake a breath or some **T**ime away from others
- ★ **O**bserve - notice how you feel in your body and what you are feeling - Angry? Hurt? Scared?
- ★ **P**ull back and get **P**erspective once you feel calmer
- ★ **P**actice - what is the best thing for me to do right now?
