

STOP – I minute mindfulness



S - Stand up and breath – Connect to the earth

T - Tune in – to your body, scan it and notice physical sensations or emotions –
Discharge them on an out breath

O - Observe - something in your environment that is pleasant and be grateful for it
and its beauty

P – Possibility – Ask yourself what is possible or what is a new or a forward step

If you find yourself being reactive try the following steps



Pause and take a Big breath – 1 to 3

Say “step back”

Say “clear head”

Say “calm body”

Breath

Say Calm or relax or melt

Try either or both of these when you need a quick way to settle yourself.

Homework:

Try Yawn and Stretch,
I minute mindfulness and
Pause and breathe during the week and notice what happens