

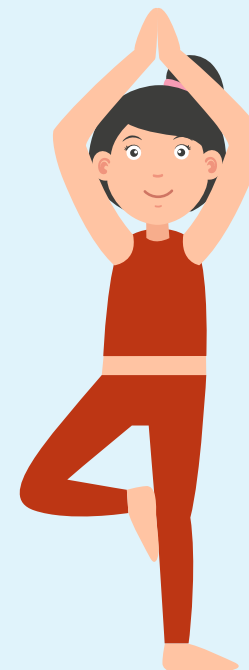


S.T.O.P. STRESS IN ITS TRACKS IN 4 EASY STEPS



S: STOP

what you are doing. Press pause on all actions and thoughts.



O: OBSERVE

the reactions of your body (physical sensations), emotions (feelings), and mind (what do you think about these feelings?)



T: TAKE

a few deep breaths. Focus on your breathing completely and be fully in the moment.



P: PROCEED

as you were before, making a conscious choice to incorporate what you've learned.