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.

This infographic has been adapted from an article by author Chris Charyk for TheMuse: themuse.com/advice/the-mental-trick-you-can-use-to-get-through-any-stressful-situation