

# S.T.O.P.



**STOP** brings us to  
present moment  
moment awareness...



|           |                                                                                   |
|-----------|-----------------------------------------------------------------------------------|
| <b>S.</b> | Pause or literally just stop                                                      |
| <b>T.</b> | Take a deep breath (breath is the strongest anchor)                               |
| <b>O.</b> | Observe what is arising inside of you including thoughts, emotions and sensations |
| <b>P.</b> | Proceed with intentionality.                                                      |