# S.T.O.P.

A PRACTICE OF THE PAUSE • PRESENT-MOMENT AWARENESS




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

## The S.T.O.P. practice

A simple pause to notice what is happening inside and choose how to proceed.

**S.**

**PAUSE**

**Pause or literally just stop.**

Give yourself a moment before reacting. You do not have to solve anything right away.

**T.**

**TAKE A BREATH**

**Take a deep breath (breath is the strongest anchor).**

Let your breath help bring your attention back to the present moment.

**O.**

**OBSERVE**

**Observe what is arising inside of you, including thoughts, emotions and sensations.**

Notice without judging. What are you thinking? What are you feeling? What sensations do you notice in you…

**P.**

**PROCEED**

**Proceed with intentionality.**

When you are ready, choose your next step with greater awareness and purpose.

## Pause. Breathe. Notice. Choose.

The pause creates space for a more intentional response.