

A Mindful and Compassionate **S.T.O.P.** Practice



- S** Slow down, allow a momentary stop in your day to care for yourself.
- T** Take a few deeper, satisfying breaths with a bit longer exhales.
- O** Observe with self-compassion – caring and tending to yourself as you might a dear friend or loved one.
- P** Proceed with self-caring and a possible new perspective