

The S.T.O.P. Technique Worksheet


Breathe. Regain control. One moment at a time.

Stress can hijack our thoughts and emotions, making us feel overwhelmed or out of control. The **S.T.O.P. technique** is a simple mindfulness tool you can use anytime to pause, center yourself, and respond more calmly and intentionally to challenging situations.

◆ S.T.O.P. stands for:


S – Stop

Pause whatever you're doing. Just freeze for a moment.

 *"Right now, I'm feeling..."*

T – Take a Breath

Take a few slow, deep breaths. Let yourself ground in the moment.

 *"With each breath, I feel more..."*


O – Observe

Notice what's happening inside and around you—your thoughts, feelings, body, and environment.

 *"I notice that..."*

P – Proceed

Now that you've paused and centered yourself, decide what you really need or want to do next.

 *"A helpful next step for me is..."*

Example: Using the S.T.O.P. Technique for Stress Handling

S - Stop:

I notice my heart racing and my thoughts spiraling during a stressful meeting. I take a deep breath and stop what I'm doing for a moment.

T - Take a breath:

I inhale slowly through my nose for 4 seconds, hold for 2 seconds, and exhale gently through my mouth for 6 seconds. I repeat this twice to calm myself.

O - Observe:

I observe my emotions — I feel anxious and overwhelmed. I notice the tension in my shoulders and a knot in my stomach. I remind myself that these feelings are temporary.

P - Proceed:

I decide to respond calmly by focusing on the facts being discussed, asking clarifying questions, and taking notes. I stay present and remind myself to breathe deeply if stress returns.