



Myndfl Manager

Short Coping Strategy #1



When?

Use this short practice when you're either about to enter a stressful/triggering situation or are already in one.

How long?

At least...

02
min

How?



**S - Stop what
you're doing.**

**Maybe move to a different
location - perhaps stepping
away from your desk.**

T - Take a breath



Bring your attention to your breathing.

Where in the body can you feel your breath?

O - Observe



What does your body feel like? How are your thoughts and emotions?

Watch what's going on without trying to change or judge anything.

P - Proceed



**Consciously decide to
proceed more mindfully,
more thoughtfully.**

Maybe at a slower pace.

Recap:

S - Stop what you're doing

T - Take some breaths

O - Observe what's going on for you

P - Proceed more mindfully

**There's a free guided practice
on the Myndfl Manager
website**