

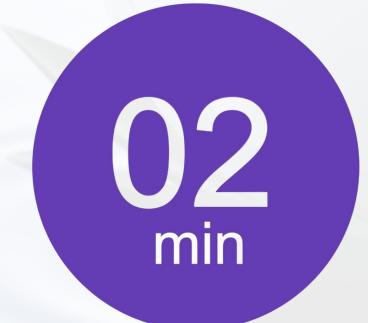
Short Coping Strategy #1



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...





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