

# S.T.O.P.

- S** Stop: Stop what you are doing or saying
- T** Take 10 Breaths: Concentrate on your breath
- O** Observe: What am I thinking?
- P** Proceed Differently: Change my response

## You can proceed differently by:

Change your self-talk

Find the humor in the situation

Take 10 breaths

Walk Away

Exercise the tension away


Start a relaxation routine to help with tension before it starts

Wait to re-engage until calmer

If you find yourself angry a lot - schedule respite

Adjust your expectation of the person you are caring for

Forgive yourself for losing your temper



Stop  
Take 10  
Observe  
Proceed