



A Mindful Practice: Stop

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One of the ways you can lower your emotional “elevator” is by creating space to STOP and get back into the present moment. As we learned in the training, when we drop into the present, we are more likely to gain perspective and regulate our response to pressure.

Suggestions for using STOP:

- S:** Remind yourself to STOP whatever you are doing in this moment, pause. Put things down for a moment.
- T:** Take a few deep breaths. This reconnects you with your body.
- O:** Observe what is happening for you in this moment, just as it is – including thoughts, feelings, and emotions. What do you notice in your body? You can be aware of anything: posture, sensations, tension.
- P:** Proceed - Continue with whatever you were doing before you came to a STOP. If you still feel stressed, ask yourself what you need to support you in the moment: talk to a friend, do some yoga stretches, listen to music, offer one of the self-care practices you identified in our training.

Second tip: Mindful Schools is one of the key players in the movement to integrate mindfulness into schools. They are sponsoring a free online community practice series from July 2nd – Aug. 12th that shows how mindfulness can be applied to daily life. For details, go to their website www.mindfulschools.org.

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