



STOP and Other Acronyms for Slowing Down

S.T.O.P.

S :: STOP! Freeze! Literally Stop Moving

T :: Take a step back and Breath

O :: Observe. Gather the facts. What is happening at this very moment?

P :: Proceed Mindfully. Take the gathered information and make an informed decision.

P.L.E.A.S.E

P_L :: Physical Illness. Stay hydrated and get that needed rest to fight that cold.

E :: Balanced Eating. Keep a healthy snack nearby

A :: Avoid mood altering substances. Avoid overindulgence

S :: Balanced Sleep. Recommended amount of sleep for adults is 7 to 9 hours

E :: Get Exercise. Mild exercise can improve mood and sleep.

H.A.L.T

H :: Hungry. Avoid skipping meals

A :: Anger. Find a healthy outlet for expressing anger

L :: Lonely. Text or call up a friend

T :: Tired. Sleep is important.