



S.T.O.P

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INFORMAL MINDFULNESS TECHNIQUE

This technique is used to help us bring our attention back to the present moment, while we might be caught up in an extremely stressful situation. We might be feeling overwhelmed with the amount of tasks that we might need to get done or with the thoughts in our mind. This exercise will bring us back to awareness and help increase our awareness of our experience in the moment.



WHAT DOES IT STAND FOR?

S—Slow down: This is the first step of this technique which allows us to take some time and slow down the pace at which we are functioning.

We might feel overwhelmed when there are multiple sources of speed coming to us at a very fast pace. We often respond to such situations with a stress response that can lead to us feeling very overwhelmed and exhausted at that moment.

T—Take a breath: When we feel overwhelmed and anxious during situations, our body might respond to situations with a stress response which is also known as the fight, flight or freeze response. This is a biological response to when our body perceives something as threatening.

While we regulate our breathing pace, it can activate the systems in the body (Parasympathetic System) that help us feel relaxed and calm. Hence the second step of this exercise is to take a breath or do a small breathing exercise.



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O—Observe: The next step involves observing ourselves in the context of the situation.

This involves observing first, the thoughts that are crossing our mind; second, the emotions that we are experiencing in that moment; and third, the bodily sensations that we are experiencing in the present moment.

This step would provide us the information that would help us be aware about our internal experience of the current situation.

P—Proceed effectively: Now that we have taken time out, helped ourselves to feel relaxed and are more aware about our internal experience of the situation, we can move ahead allowing ourselves the space to accommodate some things that might support us in this moment.