

S-T-O-P 1-MINUTE BREATHING SPACE



- S** Stop and Take Stock
- T** Take a Breath
- O** Open and Observe
- P** Proceed with Possibilities

One-Minute Breathing Space is a way of stepping out of automatic pilot mode and into the present moment by neutralizing present feelings, looking at the present situation realistically, and increasing self-confidence - All in 1 minute.

You can create a space to reconnect with your natural resilience and wisdom. Just remember the word **“STOP”**.

- S - Stop and Take Stock** **Check in with Mind/Body**
 Ask yourself: “What am I experiencing right now?”
 - Thoughts: what are you saying to yourself
 - Feelings: label what feelings are felt - sad, angry, frustrated, etc.
 - Sensations: tension, pain, holding, lightness, agitation, etc.
- T - Take a Breath** **Direct Awareness to Breathing**
 Slow down your breathing to take a few deep breaths. Direct your full attention to breathing and feeling each in– and out-breath. Let your breath anchor your awareness in the present moment and create a sense of stillness.
- O - Open and Observe** **Expand Awareness Outward**
 Allow your mind to expand your awareness to your whole body, your posture, and facial expression, then outward to what is happening around you: sights, sounds, smells, etc.
- P - Proceed with Possibilities** **Continue without expectation**
 Now seeing things as they are, allow yourself to be curious, accepting, and able now to respond naturally and with confidence in your ability to handle the situation at hand. You may be surprised by what happens next.

Use this strategy as needed throughout the day when you notice yourself getting upset in any way. You can also use it as a way to begin longer relaxation practice by checking in with yourself and creating stillness before practicing deeper relaxation.

