



**Mindfulness Tip: S.T.O.P.** to add a little mindfulness throughout your day.

**S = Stop** - what you are doing: Press the pause button on your thoughts and actions.

**T = Take a few deep breaths** to center yourself and bring yourself fully into the present moment.

**O = Observe** what is going on with your:

**Body** - What physical sensations are you aware of (touch, sight, hearing, taste, smell)?

**Emotions** - What are you feeling right now?

**Mind**- What assumptions are your making about your feelings? What is the story you're telling yourself about why you are having them?

**Environment** - what is going on around you?

**P = Proceed** with whatever you were doing, making a conscious, intentional choice to incorporate what you just learned.

