

STOP



When we feel worried, upset or angry, it can be helpful to try the **STOP skill**.

<p>S</p> 	<p>Stop and step back.</p>
<p>T</p> 	<p>Take a slow, deep breath</p>
<p>O</p> 	<p>Observe... What are we thinking & how are we feeling?</p>
<p>P</p> 	<p>Practice the things that help you.. Like slow breathing, soothe box or going for a walk.</p>

STOP



Tick when you have practiced the STOP skill



How did you feel before doing the skill?



How did you feel after the skill?

