

# STOP exercise

Change can be hard! At times it may feel like life is moving really fast and you might feel out of control. You can prepare for these times by trying the STOP exercise.

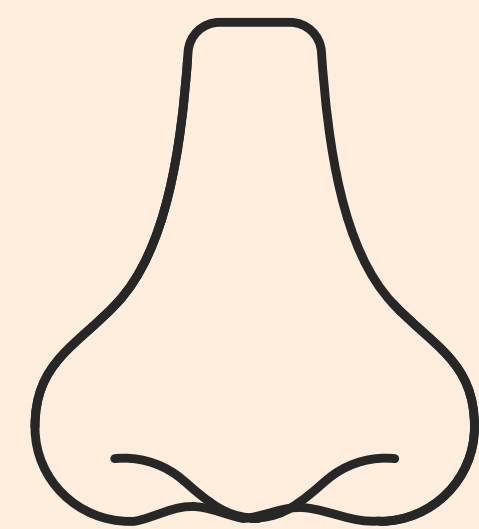


1

Stop moving. Be still right where you are, as long as it is safe to do so.

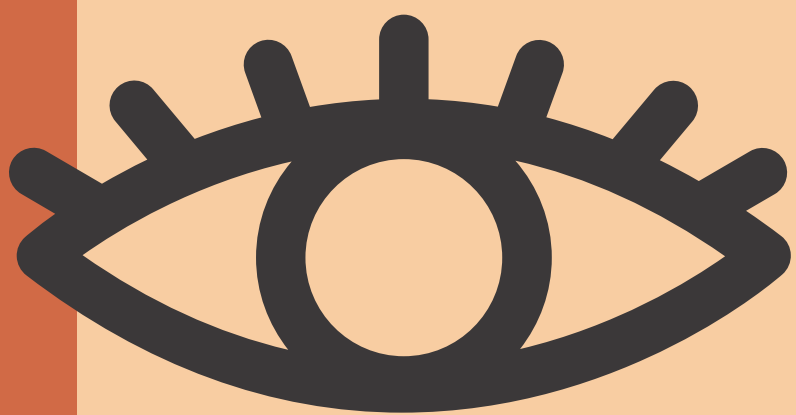
2

Take a breath. Focus on your natural breathing, in and out.



3

Observe. Notice what's going on both on the inside and around you. How is your body feeling? What do you see?



4

Proceed. Carry on as you were, or change your approach if you feel that would be best.



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