

# The S.T.O.P. Method *for Mindful Reactions*

[BEGIN HERE]

**S.** *Stop* what  
you're doing.

**T.** *Take* a  
step back  
and *Think*.

**O.** *Observe* the  
situation  
around you.

**P.** *Proceed*  
with a better  
under-  
standing and  
a clear head.

