

STOPP

TAKE A BREATH



OBSERVE: What am I thinking?
 What am I reacting to?
 What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



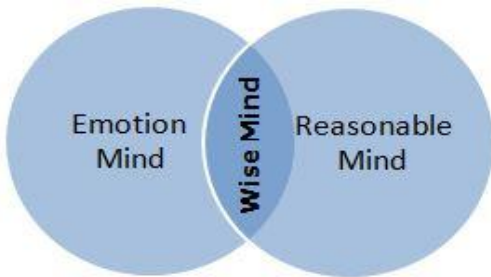
FACT

Evidence based
 Undisputed
 Driven by rational thought

OR

OPINION

Based on belief or personal view
 Driven by emotion



STOPP! Breathe. What does Wise Mind make of this? What's the bigger picture? Fact or opinion? What's the best thing to do?

Distress Thermometer

0 1 2 3 4 5 6 7 8 9 10



No distress

Moderate distress

Extreme distress

SELF

What am I reacting to?
 What does this situation mean to me?

OTHERS

What would this look like to others involved?

SITUATION

STOPP!
 Take a Breath
 What's the bigger picture?

OUTSIDER

How would this seem to someone outside the situation – not emotionally involved?

WISE MIND

What would be the best thing to do – for me, for others, for this situation?

It is as it is

- ❖ Is this fact or opinion?
- ❖ These are just thoughts and sensations
- ❖ This is a normal body reaction
- ❖ I've got through before, I can do it again
- ❖ It will pass



Positive Steps to Wellbeing

Be kind to yourself	Exercise regularly
Hobbies/new skill	Have fun / be creative
Help others	Rest & relaxation
Eat healthily	Balance sleep
Connect with others	Beware alcohol/drugs
See the bigger picture	It is as it is

ON
 CARRY

AND

KEEP
 CALM

