



S.T.O.P

Relaxation activity to reduce anxiety and tension.

This creates a space between our thoughts/emotions and response enabling us to make more helpful choices/decisions/responses

S STOP

Stop as soon as you notice you are feeling anxious.

T TAKE A BREATH

Focus on your breathing. Count or name the breath for as many cycles as you need to calm anxiety response.

O OBSERVE

Become aware of your self-talk shift it to focus on how your body feels, can you focus on releasing any tension in your body. Remove yourself from the environment if necessary or possible. Acknowledge that you are now empowered to manage anxiety. You have techniques to calm the mental and physical response to anxiety. You are in control.

P PROCEED

When you are ready move forward. Recognise that anxiety, like any emotion comes and goes. You are safe.