

MINDFULNESS TOOLS

S-T-O-P

This acronym is a great reminder when you notice you've gotten "hooked". Helps you to "unhook" and take inventory so you can respond/proceed from a mindful, not automatic, place.

Stop

Take a breath

Observe (What is going on in your body? In your mind (thoughts)? In your heart (feelings)?

Proceed with Possibilities/Plan

5 - 5 -5

Great for helping you expand the present moment. Helps to shift the focus away from mind chatter (anxiety, worry, panic) and into the present moment.

Name 5 things you see; 5 things you hear; 5 things you feel (tactile).

Name 4 things you see; 4 things you hear; 4 things you feel (tactile).

Name 3 things you see; 3 things you hear; 3 things you feel (tactile).

Name 2 things you see; 2 things you hear; 2 things you feel (tactile).

Name 1 thing you see; 1 thing you hear; 1 thing you feel (tactile).

Repeat if you want to!