



# S.T.O.P. Stress

Mindfulness is all about being present in the moment while accepting your feelings, thoughts, and sensations in the body — and that includes stress. Here's a short practice you can include into your day to cool your stress response.

1. **Stop.** Stop whatever it is you're doing.
2. **Take.** Take a few deep breaths. Follow your breathing coming in and out of your nose.
3. **Observe.** Observe your thoughts, feelings, and emotions. How are they sitting in your body physically?
4. **Proceed.** Proceed with anything that will give you support in this moment, such as talking to a friend or taking a walk.

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