

# STOP *method*

Recognize the emotions you're feeling and process them in a healthy way.



Stop, name the thoughts and feelings you're having.



Take a deep breath, slow your thoughts down. Write down all the options that you have in this situation.



Observe the options that you have. Choose to focus on the ones that build you up, list them here.



Proceed with purpose and kindness. Make a plan of what to do next.

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