

Feeling Stressed?

Maybe you should S.T.O.P.



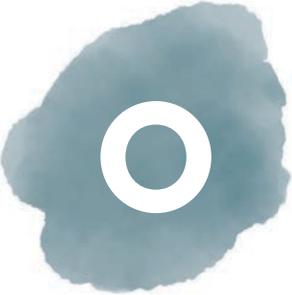
S

STOP and pause



T

TAKE A BREATH



O

OBSERVE your body, thoughts, feelings, emotions and physical sensations



P

PROCEED with greater awareness and intent

