

STRESS BUSTER!



We cannot control all that happens to us in life, but we can change the way we react

Stress happens because we are allowing fear, anger, disappointment and a host of other negative emotions to navigate our actions. By becoming aware of these emotions and allowing them to simply be, we can begin to gain control of how we react and respond to stressful situations.

Our experience is always changing. Without awareness, mental patterns related to what we fear and what upsets us make life more difficult.

S.T.O.P is a powerful, yet surprisingly basic strategy that helps you to be focused, alert, relaxed and at your emotional best when stressful moments present themselves in your life.

It's a four-step checklist to use anytime you want to ground yourself and get some insight into whatever is going on. The idea behind it is that by taking a very brief break—even less than one minute—you can determine the very best action to take in the moment.

