

Introduction to the STOP technique

Practising Mindfulness has many benefits for helping people to manage anxiety, stress and pain. This practise can be in a formal setting, or engaging informally in the everyday.

It is very easy for us to get caught up in the stress and business of life, causing us to run on 'auto-pilot'. We may not feel in the present, constantly jumping to the next task in our minds, or maybe evaluating our performance in the last.

One example of using Mindfulness in the 'everyday' is the **STOP** technique, developed by Jon Kabat Zinn. It is a simple technique, which can be carried out in just a few minutes.

The **STOP** technique is an acronym.

The '**S**' is for stop. Wherever you are, whatever you are doing, pause and 'stop' momentarily.

The '**T**' is for take a breath. The breath can help you re-connect to the present moment.

The '**O**' is for observe. Simply start to notice what is happening in this moment.

What do you feel? What's happening inside of you? What do you notice around you?

What do you see? What can you hear?

Simply start to notice without passing any judgement.

And the '**P**' is for proceed. What do you want to do now? How do you want to move forwards? Do you want to continue what you were doing, or do something different?

Use the experience of the technique to change your course mindfully.