

## **STOP quick help technique**

**Practise this STOP technique whenever you feel yourself getting anxious or stressed.**

**It can help you to quickly let go of anxieties and feel calmer and more relaxed.**

- Say 'STOP' firmly to yourself.
- Breathe out fully.
- Drop your shoulders and unclench your hands.
- Count slowly down from five down to one.
- Take a moment.
- Repeat if needed.

Carry on with what you were doing, if possible.