



S.T.O.P. for Panic & High Stress

Slow down, notice what is happening, and choose your next step.

Use this when

Stress is rising quickly and you need a short structure to slow down before deciding what to do next.

S - SLOW YOUR BREATH

Let your breathing become slower and easier. Notice the air moving in and out. The goal is not to force calm - just create a little more space.

T - TUNE IN

Notice what is happening right now: **What am I thinking? What am I feeling? What is my body doing?** Name it without immediately trying to fix it.

O - OPEN UP

Allow thoughts and feelings to be present without treating them as commands or facts. Try: *"This is what I am noticing right now."*

P - PICK A VALUES-BASED NEXT STEP

Ask: **What matters to me in this situation? What action would fit the person I want to be?** Choose one small next step.

My next step

Right now, the most helpful next action is:

If the situation is an actual emergency, use appropriate emergency support rather than relying on a coping exercise alone.