

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.

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

Carry on with what you were doing, if possible.