

STOP the Panic

When stressful situations arise, it's easy to get caught up in a panic.

Whether it's a medical emergency, a personal loss, or a professional crisis, the flood of emotions can seem hard to cope with.

Using the S.T.O.P. acronym is one way to manage your feelings and thoughts in the moment while calming yourself down to feel better.

STOP the Panic

<p>Slower Breath</p>	<p>Starting with a few deep inhales, try to notice the air as it flows into and out of your lungs. Slow your breath as you try to center yourself in the present moment.</p> <p><i>The way we breathe affects our whole body. Breathing slower can help you alleviate tension, reduce stress, and relax.</i></p>
<p>Thoughts and Feelings</p>	<p>Stop and take a moment to notice your thoughts and feelings. What thoughts are going through your mind? How are you feeling? What are you doing?</p> <p><i>Awareness of your mental and physical state can prevent you from getting swept up in the emotional whirlwind of a crisis.</i></p>
<p>Open Up</p>	<p>Open up to the way you are thinking and feeling. Try to acknowledge and create space for these emotions and thoughts without suppressing them. Let yourself identify and feel without getting caught up in or merging into your thoughts.</p> <p><i>Non-judgmental awareness of your thoughts and feelings can help you feel better and make clearer decisions.</i></p>
<p>Personal Values</p>	<p>Connect to your personal values to determine your next steps. What is important to you in life, and regarding this situation in particular? In ten years from now, what values would you feel proud of pursuing in this moment?</p> <p><i>Your personal values represent the most important things to you in life, e.g. honor, bravery, or kindness. Acting in line with your values means making decisions in line with who you are and what you believe in.</i></p>