



Approx 5
mins

NATURALLY MINDFUL

S.T.O.P - Mindful Practice

An invitation to hit the pause button and connect with the present moment. Come out of autopilot

The STOP practice which will last about 5 minutes but can be done quicker

The STOP Technique is a brief mindfulness practice aimed at diffusing intense emotions on the spot. Allocating moments in your day to pause, slow down, and return to the present has proven highly beneficial for mental well-being. Even a short pause, lasting less than a minute, can help cool down the emotional brain and shift into a more positive mindset. With consistent practice, this approach can evolve into a new, healthier habit. S.T.O.P. functions as an informal mindfulness tool, allowing a pause, a breath, and a self-assessment, facilitating the shift from distracted autopilot to a mindful, intentional presence.

STOP is an acronym (4 steps)

S - stands for Stop. Physically becoming still.

T stands for Take a deep breath. Calm our nervous system and become present again.

O stands for Observe, to observe our body and emotions

P stands for Proceed, with awareness and kindness.



What steps can I take to get ready?

Locate a comfortable spot or adopt a position where you can stand or sit for a brief period. Consider gently closing your eyes or lowering and softening your gaze.

What might be the expected sensations?

Incorporating pauses into your day serves as essential breaks for the mind and nervous system. This practice brings attention to our tendency to become distracted and gradually cultivates a new pattern of intention and mindfulness.





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STOP - Get comfortable.

Sit in a way that you feel relaxed, comfortable and also alert, back straight but not strained. Uncross legs and place both feet on the floor. Take a moment to relax your body. Soften any tension in your belly, jaw and shoulders. Rest your hands in an easy effortless way.

When you're ready close your eyes or lower your gaze focussing softly on whatever is in front of you.

Be aware of your body, your body breathing, noticing your chest rising and falling with each breath. Relaxing into this moment, feel gravity's pull as the weight of your body makes contact with the surface below you. Draw in another deep breath and exhale with a whispered "ahhh" exhaling deeply as you drop into this moment.



Take a few deep breaths.

In through the nose initially, and then out through the mouth. With each breathe out allow your body to soften a bit more - see if you can make yourself 5-10% more comfortable.

...Breathe in

...Breathe all the way out.

Feeling the breath wherever it is most visible. It might be the tip of the nose, nostrils, or the chest or the belly. Allow your body to settle into its natural rhythm of breathing. Breathe out and sense the breath going out and maybe release a bit of tension. Allow your breath to be an anchor in this moment,

Knowing that if, at any time, emotions or feelings become too strong, it is always possible to return to the breathe, feeling the breathe as it enters the body and leaves the body



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Observe

Begin to observe your body, noticing if there's any tension or tightness anywhere. If you notice any of that, allow it to soften, or just mindfully adjust your body as it feels like it needs to.

Next, become aware of how you're feeling emotionally right now and just notice what's here for you. Don't make any judgement on it. Let it be. Just be aware of it.

Continue to observe yourself physically and emotionally in this moment, just letting things be. Be aware of and observe your mind right now, noticing if it seems distracted. If your mind wanders, that is OK and is normal just come back to your breathe.



Proceed

Now as we about to proceed ask ourselves "What's most important for me to pay attention to right now?" or "What am I needing right now?" Allow whatever answer is there to arise. Proceed with that in to the next moment. This is a great act of self-care; take this final moment to recognise yourself for taking this time.

And when you are ready, opening the eyes if they were closed, and bring awareness to the room where you are, stretching for a few moments if you need to stretch.