

S.T.O.P: Mindfulness Strategy

Practicing mindfulness can seem daunting and vague. Below are some easy steps to take to use mindfulness in your everyday.

S: STOP

- Pause what you are doing.

T: TAKE A BREATH

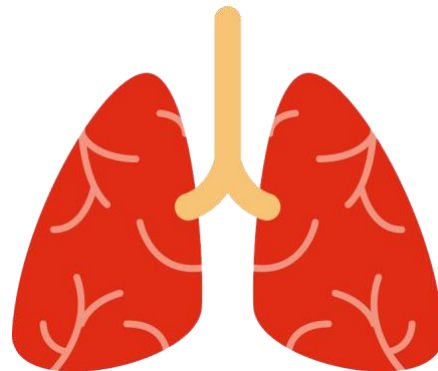
- Connect with your breath as your breath is the anchor to the present moment.

O: OBSERVE

- Notice what is happening. What's happening inside of you? What's happening around you?

P: PROCEED

- Continue with what you were doing before you used STOP.



I want to connect with you! Please let me know how this exercise went for you. Reach out and connect with me on Instagram ([@santarosapeechtherapy](https://www.instagram.com/santarosapeechtherapy)).

-Kate