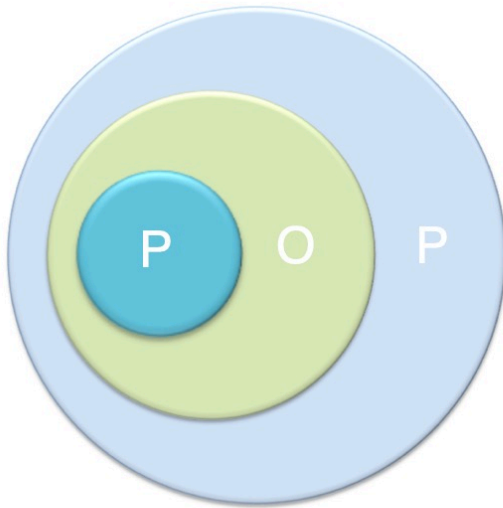


Mindful Stress Management Toolbox

POP Stress Now™



Pause

- Take a break from the action
- Take 3+ conscious breaths
- Follow the breath in and out

Observe

- Notice body, emotions, thoughts
- Allow. Open. Be curious. Be kind.
- Awareness of safety in moment

Proceed

- With intention, take the next step
 - Be responsive rather than reactive
 - Show up
-

Interrupting the Stress Response

- | | |
|---|---|
| <input type="checkbox"/> POP: Pause, Observe, Proceed | <input type="checkbox"/> Extend kindness |
| <input type="checkbox"/> Paced Breathing (4:4+) | <input type="checkbox"/> Express gratitude |
| <input type="checkbox"/> Savor a pleasant experience | <input type="checkbox"/> Connect with nature |
| <input type="checkbox"/> Mindful breathing | <input type="checkbox"/> Connect with a friend |
| <input type="checkbox"/> Shift posture | <input type="checkbox"/> Play with kids, pets |
| <input type="checkbox"/> Stretch, move the body | <input type="checkbox"/> Read something inspiring |
| <input type="checkbox"/> Aromatherapy | <input type="checkbox"/> Music: dance, sing, listen, play |
| <input type="checkbox"/> Laugh, find humor | <input type="checkbox"/> Art, theater, movies |
| <input type="checkbox"/> Daydream | <input type="checkbox"/> Shift negative self-talk |
| <input type="checkbox"/> Hum | <input type="checkbox"/> Other . . . |