**STOPP**

**TAKE A BREATHE**

**OBSERVE:** What am I thinking? What am I reacting to? What am I feeling in my body?

**PULL BACK:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?

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**FACT**

- Evidence based
- Undisputed
- Driven by rational thought
- Head

**OPINION**

- Based on belief or personal view
- Arguable
- Driven by emotion
- Heart

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**Distress Thermometer**

<table>
<thead>
<tr>
<th>No distress</th>
<th>Moderate distress</th>
<th>Extreme distress</th>
</tr>
</thead>
</table>

0 1 2 3 4 5 6 7 8 9 10

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**It is as it is**

- Is this fact or opinion?
- These are just thoughts and sensations
- This is a normal body reaction
- I’ve got through before, I can do it again
- It will pass

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**Positive Steps to Wellbeing**

- Be kind to yourself
- Exercise regularly
- Hobbies/new skill
- Have fun / be creative
- Help others
- Rest & relaxation
- Eat healthily
- Balance sleep
- Connect with others
- Beware alcohol/drugs
- See the bigger picture
- It is as it is