STOPP
TAKE A BREATH

**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

**OPINION**
- Based on belief or personal view
- Driven by emotion

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**Distress Thermometer**

0 1 2 3 4 5 6 7 8 9 10

- No distress
- Moderate distress
- Extreme distress

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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