

S T O P

A Two-Minute Practice for Any Moment

Mindfulness Initiative

S	STOP Whatever you're doing, just pause. You don't have to change anything yet. Simply interrupt the momentum of the moment.
T	TAKE A BREATH One conscious breath. In through the nose, out through the mouth. Not a performance — just one real breath that you actually feel.
O	OBSERVE Notice what's happening right now, in layers: Body — Where is there tension, heaviness, or ease? Thoughts — What is running through your mind? Emotions — What is present, even faintly?
P	PROCEED Continue with what you were doing, or consciously choose something different. Either way, you've interrupted the automatic pilot.

WHEN TO USE IT

*Before a difficult conversation · Between classes · When you notice your mind is racing
When you feel overwhelmed · When you open your email · Before you walk into a meeting
Any time you need to interrupt automatic pilot and return to yourself.*

WHY IT WORKS

The research on micro-practices is strong and not because two minutes transforms you, but because repetition over time builds a different kind of reflex. You are training your nervous system to pause before reacting. Each time you use STOP, you strengthen that capacity.