

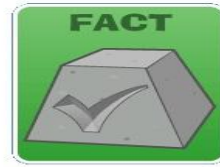
**STOPP**

**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?



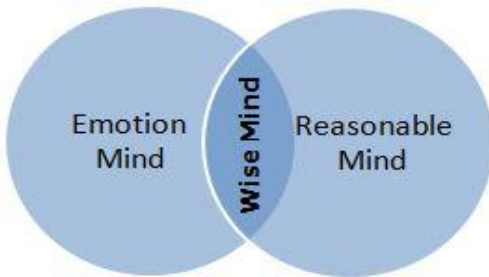
**FACT**

Evidence based  
 Undisputed  
 Driven by rational thought

**OR**

**OPINION**

Based on belief or personal view  
 Driven by emotion



STOPP! Breathe. What does Wise Mind make of this? What's the bigger picture? Fact or opinion? What's the best thing to do?

**Distress Thermometer**

0 1 2 3 4 5 6 7 8 9 10



No distress

Moderate distress

Extreme distress

**SELF**

What am I reacting to?  
 What does this situation mean to me?

**OTHERS**

What would this look like to others involved?

**SITUATION**

STOPP!  
 Take a Breath  
 What's the bigger picture?

**OUTSIDER**

How would this seem to someone outside the situation – not emotionally involved?

**WISE MIND**

What would be the best thing to do – for me, for others, for this situation?

**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



**Positive Steps to Wellbeing**

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

ON  
 CARRY

AND

KEEP  
 CALM

