

The 4-Step “STOP” Mindfulness Practice

Next time you find your mind racing with unwanted thoughts try the acronym S.T.O.P.

- S – Stop what you are doing, put things down for a minute
- T – Take a breath
- O – Observe your thoughts, feelings, and emotions
- P – Proceed with something that will support you at this moment.

S = Stop

Stop what you are doing and relax either in a seated position or lying down.

T = Take a breath

Take a few deep breaths. Breathe normally and naturally and allow your body to relax into its natural rhythm of breathing. Focus on your breath coming in and going out. Try to slow your breath and take deeper breaths. Breathe in for three seconds, hold your breath for three seconds, then let your breath out over three seconds.

O = Observe

Begin to observe your mind and body. Do you feel any tension or tightness in your body? Become aware of how you feel emotionally. Do you feel restless, irritated, or sad? Is your mind cluttered with unwanted thoughts or do you feel distracted and unfocused? Notice any emotions that are there and name them either aloud or to yourself. Become aware of what you are experiencing physically, emotionally, and mentally and just let it be.

P = Proceed

Ask yourself, what deserves your attention right now? What is important right now? What feels like a positive or wise next step? This will allow you to step back into the moment with greater awareness and intention.

Achieve the Life You Want to Live

When we work together, I will work with you using an approach called holistic mindfulness psychiatry. Together we will improve your mental health and allow you to live the life you deserve.

Free Consultation, visit: RippetoeMD.com

What is a psychiatrist?

A psychiatrist can diagnose and treat a variety of mental health disorders as well as prescribe medications along with talk and behavior therapy. If you have debilitating mental health symptoms that are interfering with your daily life then a psychiatrist who is a certified medical doctor is a good place to start.

What is holistic psychiatry?

A holistic approach to mental health puts you, not your diagnosis or your symptoms, at the center of their treatment plan. By addressing your emotional, mental, physical, and spiritual needs, instead of simply treating your symptoms, my holistic approach aims to treat or eliminate the cause of your problems in the first place.

What is mindfulness?

Mindfulness is a technique you can learn to be fully present and engaged at the moment without judging anything. Studies have shown that mindfulness can help you manage your thoughts, and feelings, reduce stress, decrease emotional reactivity, improve focus, and lead to better relationships.

Start Now with a Free Consultation. Visit: RippetoeMD.com