

JULY 25, 2018



“You can’t stop the waves, but you can learn to surf.” – Jon Kabat Zinn

STRESS & MINDFULNESS: Mindfulness not only reduces stress in the moment, but also builds resilience against future stressors. Practicing mindfulness helps control racing, repetitive, and non-productive thoughts that create unnecessary stress. Focusing on the present moment allows you to gain perspective and realize that you hold the power to regulate how you respond to pressure.

S.T.O.P. STRESS: S.T.O.P. is a tool you can use to practice mindfulness in the face of stress. Next time you notice that a stressor has triggered you, follow these steps:

- **SLOW DOWN** and stop what you are doing.
- **TAKE A BREATH** to center yourself and come back to the present moment.
- **OBSERVE** what is going on with your body, emotions, and thoughts. *What are you feeling in your body? What are you thinking? What realistic possibilities exist?*
- **PROCEED** with what you were doing making a conscious choice to incorporate the objective observations you just identified.



7-Minute Mindfulness Practice for Reducing Stress Link:

<https://soundcloud.com/mindfulmagazine/7-minute-mindfulness-practice-for-responding-to-stress>

SOURCES: <https://www.mindful.org/9-ways-mindfulness-reduces-stress/> / <https://www.mindful.org/stressing-out-stop/> / <https://www.takingcharge.csh.umn.edu/mindfulness-stress-reduction>