



STOPP ANXIETY

QUICK WORKSHEET



STOPP

COGNITIVE BEHAVIOURAL THERAPY



Zen Mind Hacks

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STOPP WORKSHEET

Note down your reactions and better alternative responses.

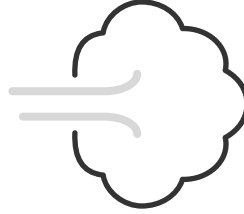
STOP



Do you have an intrusive or distressing thought, image, memory, or trigger?

Hold your hand on your chest and think, STOP.

TAKE A BREATH

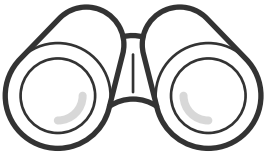


Just pause for a moment and take one deep breath.

OBSERVE

Notice thoughts going through your mind.

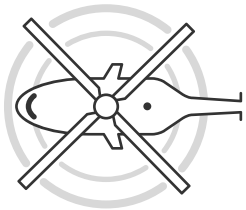
Write down what you are reacting to and how it's making you feel in your body.



PULL BACK

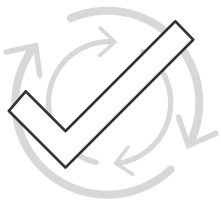
Distance yourself to see the situation from another's perspective.

What is a different way of looking at this? Write down the bigger picture.



PRACTICE

Practice what works. Write down the best actions for you to take now and in the future.

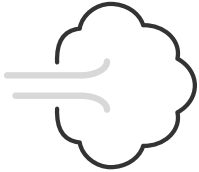


MORE INFORMATION



STOP

Pausing creates space between a trigger and your response. Use this worksheet whenever you feel triggered. Consistent practice can transform your reactions over time.



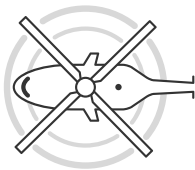
TAKE A BREATH

Begin with a slow, deep breath to center yourself. Inhale through your nose, focusing on the sensation, and exhale through your mouth. This mindful breathing helps create distance from immediate reactions.



OBSERVE

Automatic thoughts and feelings impact our bodies and actions. Notice these thoughts, emotions, and bodily sensations. Identify what triggers feelings like sadness, anger, or anxiety. Recognizing these patterns is the first step toward dissolving them.



PULL BACK

Remember, thoughts are not facts. Gaining perspective allows you to challenge unhelpful thoughts. Imagine viewing the situation from a helicopter and seeing the bigger picture. Ask yourself:

- Is this thought a fact or an opinion?
- Do I truly know what will happen or what others think?
- What's another way to view this situation?
- What advice would I give a friend in this scenario?
- How significant is this issue now, and will it matter in six months?

Consider alternative, healthier ways to think about the situation.

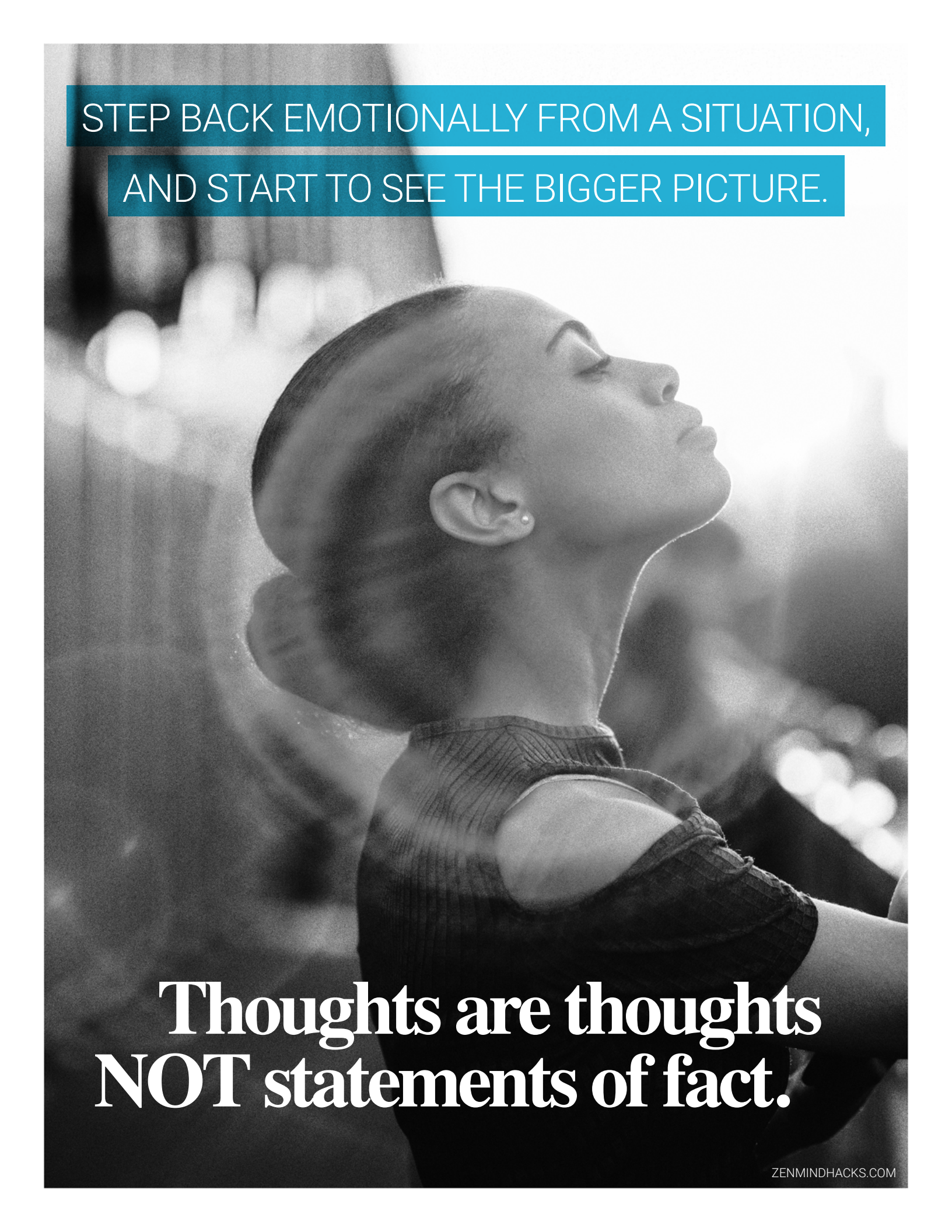


PRACTICE

Choose a constructive response. Focus your attention on actionable steps:

- What can I do right now that aligns with my values?
- What's the most effective action for me, others, and the situation?
- What can I do differently in the future?

Sometimes, acceptance is the best course. Regular practice of these steps fosters behavioral change, leading to a more mindful and intentional life.



STEP BACK EMOTIONALLY FROM A SITUATION,
AND START TO SEE THE BIGGER PICTURE.

**Thoughts are thoughts
NOT statements of fact.**