



## Strategy to Manage Emotions

- S** STOP. Just press pause.
- T** Take a step back to look at your situation  
Take a deep breath or 10  
Take time to check in with yourself
- O** Observe your current situation  
Observe your emotions  
Observe your thoughts  
Observe your needs  
Observe your urges  
Observe your long-term values  
Observe your options
- P** Proceed thoughtfully with your needs & values in mind  
Proceed without judging yourself for where you are