



S.T.O.P. SKILL FOR A PANDEMIC

Covid 19 is the temporary crisis that has landed in the path of our highway...and we know just how to keep it from getting worse.

Like **Jerome Bettis** said: **“JUST S.T.O.P. and remember to ask for help!”**

S.T.O.P.

S - Stop- Halt, Cease & Desist before you do or say anything!

I - Take a big step back- try not to get carried away by your emotions

O - Observe- Look at the bigger picture; ask yourself a few questions

- What emotion am I feeling?
- What thoughts am I having about this situation?
- What might this situation look like to other people involved?
- What are some wise decisions I can make to feel better?
- What will help the most in this situation?

P - Proceed - After you have taken time to think, proceed with a wise decision!

Sometimes it may be difficult to think of a wise decision, that's when you can ask your copilot for some directions!

Who can be your copilot? _____

Let's Practice...

Example: You have been looking forward to having a birthday party all year. Because of Covid-19, none of your friends can come over to celebrate with you.

S - Stop- What emotion is triggered by this event?

I - Take a big step back- what could you do to help you from relax?

- Take a deep breath
- Count to ten
- Walk away to calm down

O - Observe-- Look at the bigger picture - ask yourself a few questions

1. What emotion am I feeling that I want to change?

2. What thoughts am I having about having to cancel my birthday plans?

3. How are other family members feeling about this?

4. What are some wise decisions I can make to feel better?

5. What will help the most in this situation and can anyone help me?

P - Proceed: After you have taken time to think, make a wise decision!

Remember, this is a temporary crisis. It will not last forever. We will all be okay!