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!

T - 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?

**T - 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!