

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

STOP Worksheet

S - Stop!

Describe the situation.

At which point would you have frozen or not moved?

T - Take a step back

What could you have done in this situation?

How could you have distracted yourself?

O - Observe

What was going on? How did you feel/how were other people around you reacting?

P - Proceed

On reflection what else could you have done?

How would you proceed if you had this situation again?