



TAKE A BREAK AGAINST STRESS

THE two-minute **STOP** TECHNIQUE



FEEL How you keep still wherever you are

S By doing this, you are deciding to take control instead of allowing external pressure to take over you and make you react and stress.

Take a few minutes to observe your body

T Slowly scan your body beginning by the tip of your toes working your way up to the top of your head. As you move up, notice where your tensions or negative emotions acumulate. Breathe towards the tension and then let go

CLOSELY OBSERVE what surrounds you

O Look around you for small details you have never observed before. They should be nice for you to see. Inmerse and become part of your surrounding until you find something you like or surprises you

POSSIBILITIES you now have

P You have just turned off autopilot mode and are free to choose a new more beneficial direction. If you were feeling overloaded, exhausted, and not knowing what to do, you can now see a variety of diferente choices and options in front of you with fresh eyes...

HOW WAS YOUR EXPERIENCE WITH THE **STOP** YOU HAVE JUST MADE?

Repeat the sequence several times a day to relieve emotional tension, take better care of yourself, patients and close ones.



SARS-CoV-2 (COVID-19)
second victims