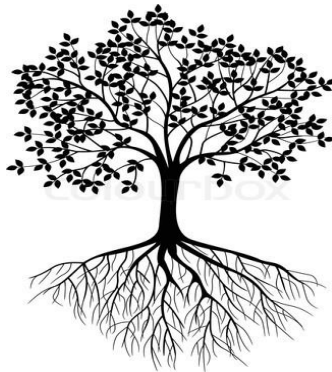


*“Between stimulus and response, there is a space...
In that space is our power to choose our response.
In our response lies our growth and our freedom.”*
(Viktor Frankl - ‘Man’s search for Meaning’)



STOPP – Stop, Take a breath, Observe, Pull back & put in some perspective, Practise what works*

Positive affirmations

‘I keep my muscles loose and relaxed throughout the day.’

‘Stop, breathe, I can do this.’

‘This will pass.’

‘I have survived before, I will survive now’

‘I can be angry/anxious/sad and still deal with this’

Write down a coping thought or positive statement for each difficult or distressing situation – something you can tell yourself that will help you get through. Write them down on a piece of card and carry it in your pocket or bag to help remind you.

Difficult/distressing situation	Positive statement