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## This week...

### **STOP!**

For many of us, the Winter Break cannot come soon enough! It's just around the corner, yet there are so many things to do between now and then - both in your job and to prepare for a pared-down holiday. Your nerves might be a little raw and edgy. You may be feeling that you're getting 'worked up' more quickly these days. What can you do to instantly refresh, calm down, and feel back in control? In short, we can **S-T-O-P!**

### **S = Stop**

When you are experiencing angst, or feeling overwhelmed or irritable, **STOP** what you are doing. Press the pause button on your thoughts and actions.

### **T = Take**

**Take** a few deep breaths and focus on your feet touching the ground, regardless of whether you are sitting or standing. This will help you feel more 'grounded' or centred, and bring you fully into the present moment.

### **O = Observe**

**Observe** what is going on with your body, emotions, and mind. Ask yourself these questions:

**Body**

*What physical sensations are you aware of right now (touch, sight, hearing, taste, smell)?*

**Emotions**

*What are you feeling right now? Name the emotions.*

**Mind**

*What assumptions are you making about your feelings?*

*What is the story you're telling yourself about why you are having them?*

*What personal value or core belief is being impacted?*

**P = Proceed**

**Proceed** with whatever you were doing, but – from now on – make a conscious, intentional choice to incorporate what you've just learned.

Mastering the ability to stop takes practice. Eventually, you may even find yourself doing it on autopilot! To learn more about how to identify your triggers and bring a sense of resiliency and calm into your daily routine, check out the BCPVPA's health series, [ReCharge: Energizing School Leaders](#).

If you would like to contribute, or have ideas about what you would like to see in the [ReFresh](#) series, we would love to hear from you: contact [rochelle@bcpvpa.bc.ca](mailto:rochelle@bcpvpa.bc.ca).