Renu Sethi | Simplicity. Silence. Self-Love



Hello Divine,

I know how stress can make you feel and how it can adversely affect your life. Even if you may ignore its impact, the ailments that you may face are often an outcome of stress.

How do you avoid triggers and reactions that you may regret later?

Here is a quick technique for you to combat stress as you face everyday situations. It's the STOP moment technique – an antidote to stress.

S – **Stop**

T – **Take Three Long Breaths**

O – **Observe**

P – **Process**

How do you use it?

At the instance when you are overwhelmed by emotions, anxiety, worry, anger, or any strong negative emotion, simply utter the word 'STOP' to yourself. Now, take three long breaths.

Observe the situation but remain detached. Reflect on what's going on instead of succumbing to fight, fright, or freeze mode – our naturally inherited instincts as human beings.

It is the AHA moment. A one to two minutes equips you with the time to regain your calm.

It instantly gives you a moment to disconnect from the situation and connect with your body and mind. The result being, you stop your unmindful reaction or the flow of negative thoughts.

In an interaction with a person leading to a stressful situation, you aren't aware of the other person's state of mind and thought process. STOP allows you ample time to understand his/her viewpoint, whether you agree or not.

What Happens

Under stress, we disconnect from our bodies and throw ourselves into the environment or melodrama going around. It causes all the tension and suffering. We start feeling that the environment is our life. When in reality, it isn't. It's only a temporary setting that will change.

But the STOP technique helps us observe the blockage, stop, reflect, and move on with a positive view. With the help of STOP, you can accumulate less stress and avoid unnecessary disease in your body. By controlling your breath, you can create stillness, enhance positive hormones like serotonin, dopamine, oxytocin, and endorphin.

Use STOP to:



- Get clarity
- Reduce anxiety
- Keep ailments at bay
- Make better decisions
- Champion personal excellence
- Refrain from regretting your reactions later
- Change the outcome of any undesired situation

Ready for the next step in your empowerment journey?

Book a Complimentary Call