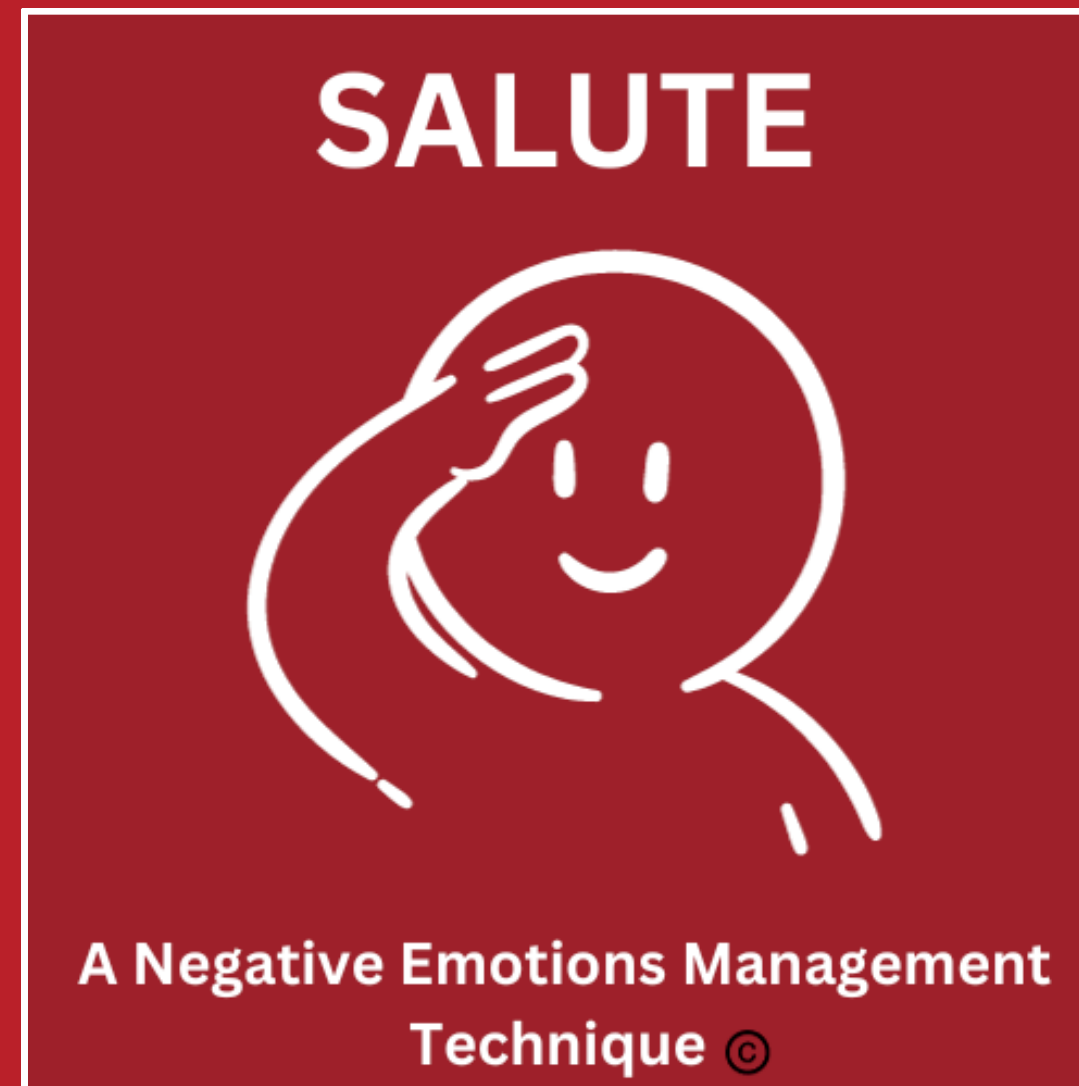


# Lesson Three: First Step of the SALUTE Technique: S - Stands for STOP



## Mini-Course

# Introducing S - STOP

- Focus on the first step of the SALUTE technique: Stopping negative thought momentum.
- Designed to interrupt negative emotions before they spiral out of control.
- Creates space for reflection and helps regain emotional control.



# Why Stopping Matters

- Interrupts Negative Thought Patterns:
  - Negative thoughts can quickly snowball into overwhelming emotions.
  - Stopping disrupts this cycle, preventing emotions from escalating.
  - Creates a gap to breathe, reflect, and choose a constructive response.



# Techniques to Pause and Create Space

- **Deep Breathing:**
  - Take slow, deep breaths when emotions start to spiral.
  - Focus on the sensation of breathing to calm your nervous system and ground yourself.
- **Name the Emotion:**
  - Label your emotions (e.g., “I’m feeling anxious”) to step back and observe without judgment.
  - Creates a mental pause and acknowledges your feelings.
- **Use a Physical Anchor:**
  - Engage your body with small actions like squeezing your hands or tapping your feet.
  - These actions pull you back into the present, breaking the emotional cycle.



# Techniques to Pause and Create Space (Cont.)

- **Visualize a Stop Sign:**
  - Picture a bold stop sign in your mind to halt negative thoughts and reset focus.
- **Take a Quick Break:**
  - Physically remove yourself from the triggering situation.
  - A brief change of environment helps you gain perspective.



# Practical Exercises to Practice Stopping

- **Mindful Breathing Exercise:**

- Set aside time daily for mindful breathing—focus solely on your breath.
- Trains your mind to return to calmness during negative moments.

- **Emotion Journaling:**

- Reflect on moments of negative emotions each day.
- Note how you responded and identify opportunities where you could have paused.

- **Stop-and-Shift Drill:**

- Practice saying “Stop” and then shift your focus to something neutral or positive.-- Helps train your brain to switch gears from negativity to balance.

# Wrapping It Up

- Stopping is a powerful yet simple tool to regain control over emotions.
- It helps you break the automatic flow of negative thoughts.
- Practice these techniques to build the habit of pausing and reflecting.
- Success in stopping negative momentum is a significant step toward emotional resilience.

