

Stop It.pdf

STOPP - Getselfhelp

Mon, 17 Jun 2019 03:08:00 GMT

STOPP S top and Step Back o Don't act immediately. Pause. T ake a Breath o Notice your breath as you breathe in and out. O bserve o What am I thinking and feeling?

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Sun, 16 Jun 2019 13:40:00 GMT

STOPP Worksheet - Getselfhelp.co.uk

Mon, 17 Jun 2019 20:48:00 GMT

STOPP Worksheet Notice the intrusive or distressing thought, image, memory, trigger... Write your reactions and alternative, healthier responses in this column. What works for you? What will help? What can you tell yourself? What do you need to remember at those times? S TOPP! T ake a breath O bserve – describe the feelings, images, thoughts, body sensations, triggers. P ull back / Put in ...

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Sun, 16 Jun 2019 09:15:00 GMT

That won't be a setting in Reader. It will be in Word. If you are using Words pdf generator, after using Save as>pdf, deselect the box that says "Open file after publishing".

Stop It Now!

Sat, 15 Jun 2019 09:30:00 GMT

In Part Two you will read about the work of the Stop it Now! campaign and how it has helped hundreds of thousands of people in communities across the UK. Download Report (3mb pdf) Stop it Now!

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