

STOP technique



When facing a challenging situation, try the STOP technique:



1. Stop

Ask yourself: What am I feeling right now?

2. Take a breath

Ask yourself: Am I breathing too fast or holding my breath? Can I take a deep breath?

3. Observe

Ask yourself: What else am I feeling in my body? What are my thoughts?

4. Proceed

Ask yourself: Am I OK with what happens if I ____? Decide to respond in a way that works best for you.

Supportive relationships



reaffirm your self-worth
talk about your experiences

JOURNAL YOUR THOUGHTS
be in the present

practice self-care
honor your needs
reassure yourself

one step at a time
practice mindfulness

express your feelings
FORGIVE YOURSELF

Graphic inspired by www.selfloverainbow.com.

If you've experienced harmful or traumatic relationships, it's important to make time to heal, and surround yourself with people who support and bring out the best in you. Being part of supportive relationships can help our minds and bodies heal from stress. Make a list of people in your life who make you feel good, and take steps to connect with them soon.

Mental health support



There are many ways to access no-cost, one-on-one mental health services 24/7 with trained pros who will provide the safe space and support you need. Speaking with a counselor — or with people who've had similar experiences — can give you strength and encouragement as you work through challenges.

Soluna is an app designed for California youth and young adults, offering free, confidential sessions with live coaches and online communities. Scan to start.



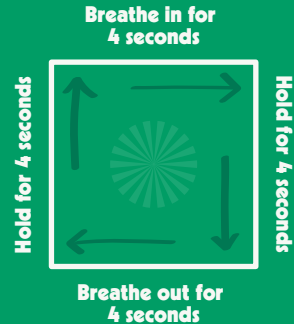
Healing in *action*



Tools and tips to help you live beyond trauma and manage stress every day.

live
beyond

Box breathing



Mindfulness is about focusing on the present without judgment from the past or worries about the future. It helps us calm our minds and bodies when stressful things happen in our lives.

Box breathing is a special way of breathing that helps your body relax when you're feeling stressed or anxious. By doing it, you can slow down your heart, loosen up your muscles, and feel more calm overall.

Music meditation



Check out our Live Beyond playlist on Spotify. Pick a song. Relax and ask yourself: How does my body feel? How does this song make me feel emotionally? Scan to play.



Spotlight your senses



If you're able to do so, go for a walk. Pay extra attention to the sights, smells, and feelings you experience.

Relax, take a deep breath, and name:

- **5 things you can see**
- **4 things you can touch**
- **3 things you can hear**
- **2 things you can smell**
- **1 thing you can taste**



 AllTrails

*Calming and reflective open spaces might be closer than you think. Scan to find trails and parks near you — no matter where you live.



Learn more about Adverse Childhood Experiences (ACEs), toxic stress, and how to heal from their impacts at **livebeyondCA.org**.



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