STOP Technique Implementation

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Practice the STOP technique as a pause during stressful work situations.

What this guide covers

- Recognize pressure and pause before reacting.
- Set reminders and create supportive workspace cues.
- Track situations and adjust the practice.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 16. Words: 878.

Download availability: After payment, download the complete ZIP package or the included PDF separately.