Hi everyone. This is Wendy Kadens. I'm a therapist at CAPS and I wanted to share with you one of my favorite strategies for coping with anxiety and racing thoughts - both of which are really common at this time.

So I want to introduce you to an acronym. S.T.O.P. The "s" in stop stands for Stop.

When you notice your thoughts are racing, your mind is spinning, you're jumping to conclusions and getting carried away with things, just recognize that's happening and say "I'm going to pause here." When you stop, you can then Take a breath. So take a deep breath in through your nose and out through your mouth. And repeat that a few times until you notice your system starting to calm down.

After that you can observe. See what's going on around you. Notice what's happening. And start to think about whether you're reacting to something that's actually going on, whether you might be exaggerating, whether you're running away with your imagination. Really get to know whatever's happening in your thoughts and your mind so that you can then proceed.

That's the "p" in S.T.O.P. Which means move ahead in a more reasoned and understanding way. This can help if you're having an argument with someone that you're living with in isolation. It can happen if you're feeling frustrated with articles and overwhelmed by what's going on in the world. Just take a moment to hit the pause button: stop, take a breath, observe and proceed.

Thanks and take good care.

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