



Skills Handbook

**STOPP
SURF THE URGE
PROBLEM SOLVING**



C.I.C.

STOPP

HOW TO USE STOPP



STOP

When you start to feel overwhelmed, hit pause.

TAKE A BREATH

Pay attention to your breath for a minute or two.

OBERVE

Notice what emotions you are feeling and urges to react

PULL BACK

Mindfully step back and try to look at situation as a whole

PRACTICE

Try to do what will be most helpful in the situation



SURF THE URGE

Coping means to surf the wave, or the driving negative emotion, until it passes



Imagine your driving emotion as a wave.



Imagine your coping mechanisms as a surf board

It is helpful to remember that most waves of emotion typically last 20-30 minutes.

Once identifying your driving emotion or urge, visualise yourself surfing a wave of emotion.



PROBLEM SOLVING

1

DEFINE WHAT THE PROBLEM IS

Try:

- Asking yourself what is making you upset, and how would things be if you were feeling better
- Breaking the problem down into smaller parts

2

THINK ABOUT YOUR OPTIONS

Try:

- Thinking about how things could get better - how would the problem ideally be solved?
- Writing your ideas down
- Talking to others about your problem for opinions
- Thinking of what you would like to achieve

3

EXPLORE PROS AND CONS

Try:

- Writing down all available options, even ones you feel you are unlikely to choose
- Making a list of all the reasons 'for' and 'against' each option

4

PICK THE BEST SOLUTION. IMPLEMENT AND REVIEW.

Try:

- Taking time to plan your chosen solution, planning step by step
- Reflecting and reviewing as you move through your steps. Review your approach if you need to.