

The background of the entire page is a photograph of a street scene at sunset. The sky is a mix of orange, yellow, and blue. In the foreground, there are silhouettes of trees and a street lamp. In the middle ground, a red octagonal stop sign is visible on the right side, with the letters 'ST' clearly seen. Below the sign, there are blurred cars on the street. The overall mood is calm and reflective.

S

STOP.

Whatever you're doing, just pause momentarily.

T

TAKE A BREATH.

Re-connect with your breath.

The breath is an anchor to the present moment.

O

OBSERVE.

Notice what is happening.

What is happening inside you, and outside of you?

P

PROCEED.

Continue doing what you were doing.

