

OVERREACTING TO STRESS?
TRY GETTING

S.O.B.E.R.

S.O.B.E.R. STRESS INTERRUPTION TECHNIQUE



S.O.B.E.R.

Stress Interruption Technique

When we are under too much mental or emotional pressure, we tend to react out of habit rather than thinking carefully about the situation and choosing the most helpful response.

Elaine Houston, a Positive Psychology researcher developed the S.O.B.E.R.

Stress Interruption Technique that enables someone to stop reacting to stress in autopilot mode. The S.O.B.E.R. Technique works by interrupting our default response to stress by taking a mindful pause and choosing a more helpful and conducive response to stress.

S.O.B.E.R. stands for...

S - Stop whatever you are doing. This will help you step out of autopilot and keep your mind in the present moment.

O - Observe what is happening in your body and mind. Notice any thoughts, emotions, and body sensations, whether pleasant or unpleasant, and rather than trying to push them away, simply acknowledge them.

B - Breathe in, breathe out and pay attention to your breathing. This will help you slow your thoughts and relax your body.

E - Expand your awareness of your whole body and your surroundings. This will help you see the bigger picture and understand the stressful experience for what it is.

R - Respond with awareness rather than in autopilot. Now that you have taken a moment to observe and assess the situation, you will be in a better position to logically consider the responses available to you and the consequences of those responses. Ask yourself: what response will be helpful right now?