

# Oh SNAPP!

**A coping strategy for emotional situations.**

How to put space between you and your reaction when you're feeling triggered.

**S**

Stop! Pause for a moment when you feel you are being triggered.

**N**

Notice with curiosity what is happening with your bodily senses and how your thoughts are affected.

**A**

Allow the experience to be just as it is; without judgement or attempts to control it.

**P**

Penetrate these sensations in the body with full, deep belly breaths (taking big deep breaths that expand the tummy), and continue to breathe this way until you notice the situation shifting.

**P**

Prompt yourself to move/act in the direction that feels most important and in line with what takes everyone's perspective compassionately into account.