

A TECHNIQUE FOR INTERRUPTING BIAS

Adapted from Michigan State University
Office for Inclusion and Intercultural Initiatives

Kaplowitz, D. R., Griffin, S. and Seyka, S. L.(2019).
Race dialogues: A facilitator's guide to tackling the elephant in the classroom.
Teachers College Press.

THE STOP FORMULA

The STOP formula is a mindfulness technique designed to help individuals manage stress and maintain focus. Especially in response to group triggers or escalating tensions, inviting everyone to STOP creates an opportunity for a community breath, silent reflection, and group observations.

S

STOP.

Pause what you're doing to create space for awareness.

T

TAKE a breath.

Engage in deep, mindful breathing to center yourself.

O

OBSERVE.

Notice your thoughts, feelings, and physical sensations without judgment.

P

PROCEED.

Continue with your activity, bringing the awareness gained into your actions.



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