A TECHNIQUE FOR **INTERRUPTING BIAS** THE STOP FORMULA

Adapted from Michigan State University Office for Inclusion and Intercultural Initiatives

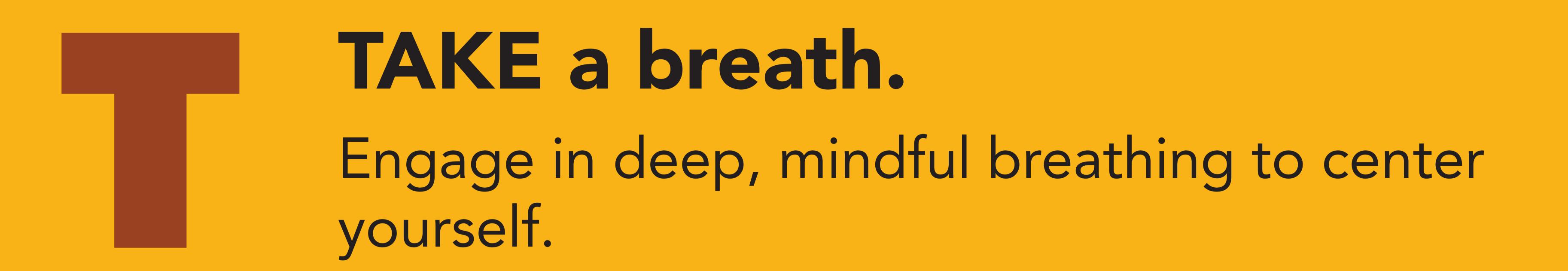
Kaplowitz, D. R., Griffin, S. and Seyka, S. L.(2019). Race dialogues: A facilitator's guide to tackling the elephant in the classroom. **Teachers College Press.**

The STOP formula 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.



STOP.

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



OBSERVE.

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





PROCEED.

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



Division of Institutional Equity

CENTER FOR SOCIAL JUSTICE DIALOGUE

CONNECT WITH US: CSJDialogue@umbc.edu my.umbc.edu/groups/CSJD