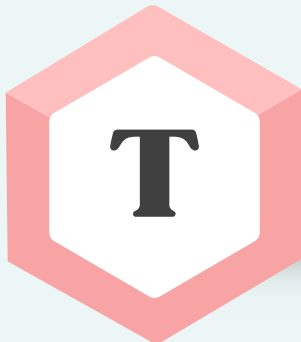


S.T.O.P

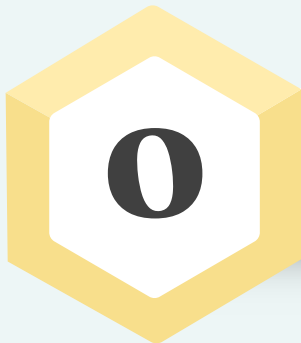
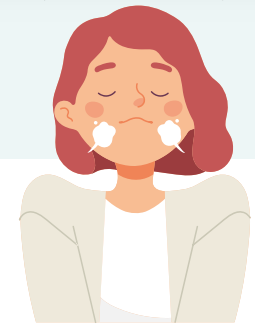
*Regulate Emotions Before
Reacting to Online Information*



Stop what you are doing



Take some deep breaths



Observe your feelings
and needs



Pause before you react

