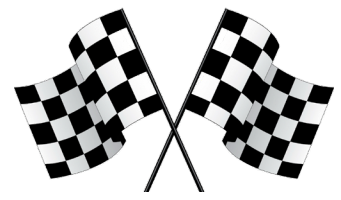


PIT STOP



A brief, mindful centering technique developed for medical professionals to cultivate and activate self-regulatory skills before, during, and after stressful situations and procedures.

Pause

Inhale with intention and awareness

Take note of the

Self (e.g., What am I noticing right now - thoughts, emotions, body?) and the

Task at hand (e.g., What task am I about to do? How can I bring presence to it?)

Observe where the mind has drifted and gently bring it back

Proceed with the task when ready

When Could I Take a PIT STOP?

- Transition from home to work (e.g., in the car, parking, entering the hospital)
- First arriving at one's desk in the morning
- Arriving at a patient's room before entering (e.g., doorknob moment)
- During hand-washing
- When going to the bathroom
- Just prior to approaching a work colleague
- When feeling tense (e.g., shoulders, eyes, jaw, back)
- Before, during, or after a difficult situation (e.g., delivering bad news, argument with someone)
- Transitioning from work to home (changing into different clothes, leaving work, being in the car, entering the house)
- Going to bed

What's the Evidence?

In a pilot randomized controlled trial, researchers from Northwestern University found that medical interns who learned the PITSTOP before their simulation training made fewer procedural errors, had lower heart rate, and less visible trembling relative to controls

(<https://www.liebertpub.com/doi/abs/10.1089/acm.2019.0209>).

Take a 10-Minute Guided PIT STOP: <https://tinyurl.com/PITSTOP-Exercise>