

Turtle Tuck, Think & Roll



Step 1: Identify Feelings

Notice the situation and/or problem

Label whether you are feeling angry, anxious, sad, and/or upset:

- Feelings Wheel
- Feelings Thermometer
- Physical Symptoms Checklist



Step 1

Step 2: Think "STOP"

Stop whatever you are thinking or doing

Remove yourself from the situation (if possible)

Identify triggers and automatic negative thought patterns



Step 2

Step 3: Tuck into Shell

Practice relaxation and coping strategies:

- Deep Breathing
- Progressive Muscle Relaxation
- Visual Imagery
- Positive Self-Talk

Stay in shell until you feel calm



Step 3

Step 4: Roll out of Shell

Leave shell when you are calm

Think of solutions to your problem:

- Make a list of choices
- Evaluate pros and cons of each
- Pick the best solution

Try the **best solution** out!!!



Step 4