

Coping Skill: TEC

Time Out

Physical
Emotional

Exercise

Physical/Calming

- Deep breathing
- Counting slowly
- Identifying environment
- Other

Emotional

- Imaginary shelving of one's emotions

Communication

Non-verbal

- Journaling
- Artwork
- AIS
 - Affect/Feeling
 - Issue/Problem
 - Solution

Verbal

- Express the situation to another person
- PAS
 - Picture
 - Affect/Feeling
 - Solution