5-MINUTE COPING SKILLS CHECK-IN

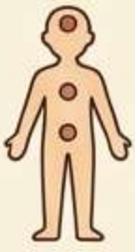
A Quick Pause To Naming What's Actually Going On

WHAT HAPPENED?

(Just the facts, no judgment)

WHAT AM I FEELING?

(Name it as specifically as you can)



WHERE DO I FEEL IT?

(e.g., tight chest, racing heart, clenched shoulders)

WHAT DO I NEED RIGHT NOW?

(Space, movement, connection...)

WHAT COPING SKILL WILL I TRY?

(Pick one. Give it five minutes.)