

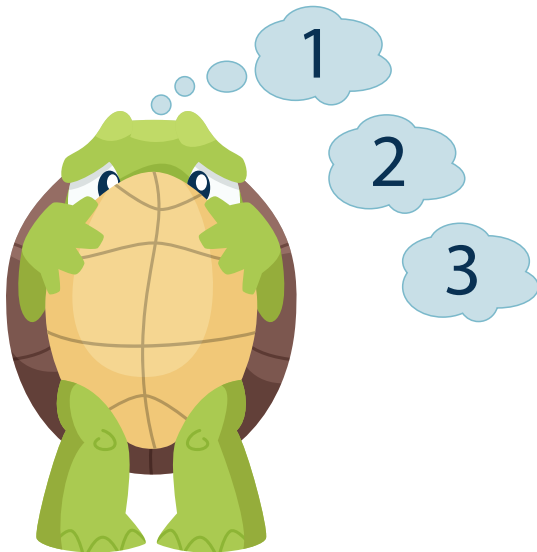
# The Turtle Technique



**Step 1.** Recognize your feelings.



**Step 2.** Stop your body.



**Step 3.** Tuck inside your shell and take three deep breaths.



**Step 4.** Come out when you are calm and think of a solution.