

TABS Strategy Card

Directions: Print pages back-to-back on paper or card stock. After printing, trim the edges and use this 2-sided card as a practical tool to support leveled emotion. Laminate for durability and multiple use.

Keep TABS on Your Behavior				
When	Where	What	Duration/Frequency	Reentry Plan

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This resource can be found in:

FLIPP the Switch 2.0: Mastering Executive Function Skills from School to Adult Life, by Carol Burmeister, Sheri Wilkins, and Rebecca Silva. Published in 2021, by AAPC Publishing, Shawnee, KS.

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Directions for Learners

When and How to Use the *Take a Break* Strategy

Taking a break when you feel the urge to escape from an activity is a reasonable way to manage your anxiety and complete the stressful activity.

Before you find yourself in a stressful situation, think about the following things:

- How will you initiate taking a break?
- How will you monitor your time during your break?
- What will you do during the break? Plan something that is calming.
- How will you return to the activity?

When you feel like you need to take a break:

- Initiate your break, using your plan.
- Set your timer.
- Engage in your calming activity.
- When the timer goes off, return to your activity.

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