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<h2 style="text-align: center;">I.T.C.H. PROBLEM SOLVING</h2>	<p>I: Identify the Problem T: Think of All Possible Solutions C: Choose a Solution H: How Well Did It Work?</p>			
<h2 style="text-align: center;">SPEED MAP</h2> 	<p style="text-align: center;">Legend</p> <ul style="list-style-type: none">  COOL ZONE: Keep monitoring your speed and go about your day  GO ZONE: It's hard to concentrate - do some problem solving  WARNING ZONE: Noticeable distress - consider the 3 C's  DANGER ZONE: Distress is high, stop before the situation get worse - distress tolerance and emotion regulation 			
<h2 style="text-align: center;">C.A.P.E.S.</h2>	<ul style="list-style-type: none"> • Closeness/Connection • Accomplishment • Physical Exercise • Enjoyment • Sleep 			
<h2 style="text-align: center;">T.I.P HIGH SPEED INTERVENTION</h2>	<ul style="list-style-type: none"> •Towards the Senses •Intense Exercise •Paced Breathing 			
<h2 style="text-align: center;">CBT CHAT</h2> <ul style="list-style-type: none"> •Situation •Thoughts •Emotions/Feelings •Physical Sensations •Behavior 	