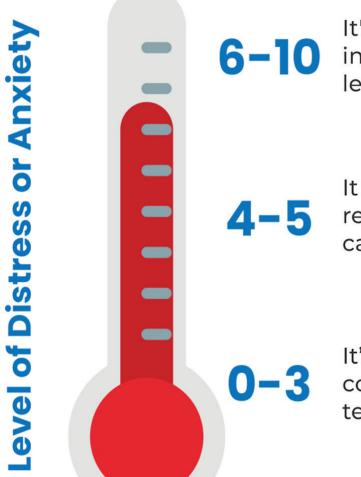
Bi-Tapp is a Self-Regulation Resource



It's almost impossible to engage in self-calming strategies at high levels of distress.

It becomes much harder to remember what to do to calm oneself.

It's easy to remember to use coping skills and calming techniques

Having access to a resource that requires little effort to use is critical at moderate to high levels of stress. Bi-Tapp is that resource.