

TIPP SKILLS

Sometimes we're so dysregulated by strong emotions that the decision making part of our brain disengages. We might find ourselves reacting (rather than making decisions) and feeling out of control. In those times, we need an a quick way to calm down. These are fast-acting strategies that you can use to help you re-center and regulate your emotions

T Tip the Temperature of your face with cold water

- Holding your breath, put your face in a bowl of cold water ,or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.
- Hold for 30 seconds. Keep water above 50°F

I Intense exercise

- *Engage in intense exercise (even 5 minutes can make a difference)
- Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

P Pair muscle relaxation with breathing out

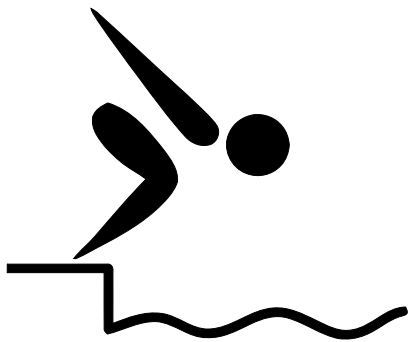
- While breathing deeply, tense your body muscles (notice tension in your muscles)
- While breathing out, let go of the tension (notice the release in your muscles)

P Paced breathing by slowing breath down

- Slow your pace of inhaling and exhaling way down (around 5-6 breaths per minute).
- Breathe out more slowly than you breathe in (e.g.: in for 5 seconds, out for 7).

Caution: Very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your health care provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are intolerant to cold, or have an eating disorder.

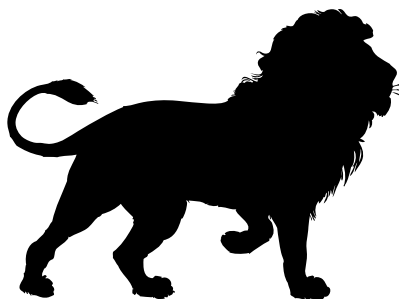
Why/ How Do TIPP Skills Work?



When you put your full face into cold water and hold your breath, it tells your brain that you are diving underwater. This causes the “dive response” to occur. (It may take 15–30 seconds to start.)

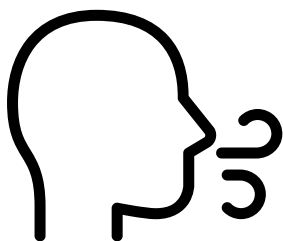
Your heart slows down, blood flow to nonessential organs is reduced, and blood flow is redirected to the brain and heart. This response can actually help regulate your emotions.

This can help you calm when you're having overwhelming, distressing emotions. (This strategy works best when you are sitting quietly—activity and distraction may make it less effective.)



Your nervous system is designed to keep you safe. Stress (whether it's rush hour traffic or fleeing from a predator) triggers the fight, flight, freeze, and fawn responses in your body.

When that stress cycle starts, your body wants to burn energy, complete that cycle and return to your pre-stress baseline. Intense exercise and progressive muscle relaxation are two ways you can do that.



Although both parts of your nervous system (sympathetic & parasympathetic) are always active, deep breathing can help quiet the fight-flight-freeze-fawn part of that system (the sympathetic) and engage the rest and digest part of your nervous system (the parasympathetic). This breathing can help you calm and reduce feelings of stress and anxiety.