

## TIPP Skills

### **T**emperature

### **I**ntense physical activity

### **P**aced breathing

### **P**rogressively / paired muscle relaxation

**Temperature** – change your body temperature by using ICE WATER

- Put your face in a bowl or sink of ice water (30 seconds)
- Or splash ice water on your face
- Or hold a gel ice pack (or zip-lock of ice water) on your face

**Intensely exercise** to calm down a body revved up by emotion

- Engage in intense exercise, if only for a short while
- Expend your body's stored up physical energy by: running (can be on the spot), fast walking, jumping up and down, etc.

**Pace your breathing** by slowing it down

- Slow your pace of inhaling and exhaling way down (on average 5 to 6 breaths per minute)
- Breathe deeply from the abdomen
- Breathe more slowly *out* than breathe *in* (for example, 5 seconds in then 7 seconds out)

**Progressively relax your muscles**

- While sitting or lying down, starting with your hands, moving to your forearms, upper arms, shoulders, neck, forehead, eyes, cheeks & lips, tongue & jaw, chest, upper back, stomach, buttocks, thighs, calves, ankles, feet.
- TENSE each muscle (individually) for 5 seconds, then RELAX each muscle all the way, then move to the next muscle
- NOTICE the tension. NOTICE the difference when relaxed.