

# TIPP Skills to cope with overwhelming emotions and crisis situations

## TIPP stands for:

Temperature • Intense Exercise • Paced Breathing • Paired Muscle Relaxation

## Using TIPP Skills

- **Temperature** — change your temperature\*

For best results, fill a sink with cold water — as cold as you can handle. Submerge your face in the water up to your temples while holding your breath and counting to a number that you are comfortable with. If you are out and about, try splashing cold water on your face. This skill may need to be repeated a few times if you are in a highly emotional state, and possibly followed by some distraction or self-care skills.

This aims to reduce your heart rate and prompt a relaxation response.

- **Intense Exercise** — get your heart pumping\*

This can be as simple as doing quick intense running on the spot, star jumps or even some push ups. This works best if done for 20 minutes but you can still get great results if you only have a minute to spare.

This is great for reducing built up frustration or anger while releasing endorphins to energise your mood.

- **Paced Breathing** — communicating to your mind, 'If I have time to breathe, I am safe'

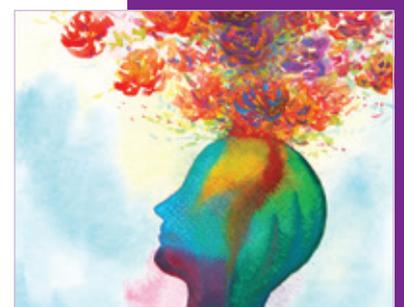
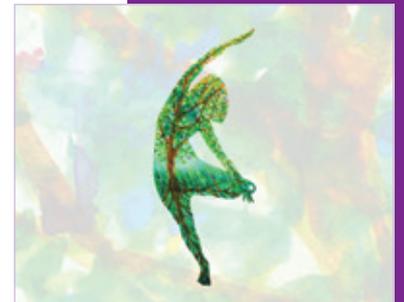
This skill is done by trying to slow your breathing right down. Take a deep breath in, count the seconds of that breath, now breathe out through your mouth slowly, trying to breathe out 1–4 seconds longer than you breathed in for. Repeat until you feel a change in your emotional state.

This induces a calming effect, by you communicating to your body that you are safe and that it's ok for it to come out of 'fight or flight' mode.

- **Paired Muscle Relaxation** — releasing tension in your body

Work through tensing all the muscles in your body, tensing as hard as you can while you breathe in, then releasing the tension as you breathe out saying the word 'relax' in your mind.

This is great for restless nights or when you are feeling anxiety in public.



\* Anyone who has, or is experiencing heart problems, chronic health conditions, bulimia or anorexia nervosa should consult with their doctor before undertaking the Temperature and Intense Exercise skills.