

# TIPP Skills



When you are in a crisis situation or feel out of control, TIPP skills can help bring down the intensity of your emotion until you can use other coping skills and seek emotional support and help. Use these skills when you are in extreme distress—when you are at your max and need something now.

**T—Tip the Temperature:** By changing your body temperature, you can quickly decrease the intensity of an emotion. Hold an ice pack on your face, hold an ice cube in your hand, take some sips of an ice-cold drink, or run your hands under cold water.

**I—Intense Exercise:** Engaging your body in effortful movement can help calm intense emotions. Move your body in a safe way for several minutes by dancing, walking upstairs, running, or other things that help your body move and get energy out.

**P—Paced Breathing:** Slowing your breathing can help you slow your mind down and refocus your thoughts. Try “box breathing” by inhaling through your nose while counting to four, hold your breath for a count of four, exhale slowly through your mouth while counting to four, and hold your breath again for a count of four. Repeat this as many times as you need.

**P—Paired Muscle Relaxation:** Practice tensing your muscles as you breathe for 5-6 seconds. Notice the feeling of tension. Then relax your muscles, paying attention to how it feels to relax your body. Do this for every muscle group in your body, scanning from the top of your head to your toes.