



TIP SKILLS

There are 4 TIP skills:

Tipping the **T**emperature of your face with cold water, **I**ntense aerobic exercise, **P**aced breathing (Box breathing), **P**aired muscle relaxation (Note that there are two P skills. Each skill has the effect of rapidly changing your biological response patterns, and thereby causing a reduction in your emotional arousal.

- Remember that two of these skills start with the letter "P." Each skill has the power to quickly change how your body responds, which can help reduce your strong emotions.
- These TIP skills are great for adjusting your body chemistry and calming down when you feel overwhelmed. They work fast, usually within seconds to minutes, and are especially useful when you're feeling emotionally overwhelmed and can't think clearly.
- The TIP skills are designed to activate different parts of your body's nervous system to decrease arousal. The two parts are the sympathetic and the parasympathetic systems, which work in opposite ways. The sympathetic system triggers the fight-or-flight response and increases arousal, while the parasympathetic system helps regulate emotions and decreases arousal.

IMPORTANT: It is recommended that you use this procedure with permission from your medical provider. Adolescents should also seek parental permission. This handout is intended to be used for educational purposes only and are not intended to replace help from a relevant health professional.

Please note that the physical effects of cold water are usually short live. It is important to incorporate other tools to help with emotional regulation.