

Calmer
People
Brighter
Tomorrows

Bring the Intensity Down Fast

Four body based tools to help when your emotions are very intense and you need help settling quickly.

You do not have to stay at a 10/10.

PAUSE
BREATHE
REGULATE
CHOOSE
A BRIGHTER TOMORROW

1 What is this skill?

Intense emotions such as fear, anger, or panic change the body. Your nervous system goes into high alert, which can make it hard to think clearly, feel in control, or make helpful choices.

These body based tools can help bring your nervous system down quickly, so you can feel a little more calm, more present, and more in charge.

Body first.



2 When might this help?

These tools can be useful when you:



Feel panic, extreme anxiety, or a sense of dread.



Feel intense anger, rage, or irritation.



Have a strong urge to act fast or say something you might regret.



Feel overwhelmed, flooded, or like you are having a meltdown.

Turn the volume down.

3 1. Cool your body

A quick change in body temperature can help slow your nervous system.

A cooler body can lead to a calmer mind.



Splash cold water on your face (10 to 30 seconds).



Hold something cool, like an ice pack or a cold drink.



Step into cool air or open a window.

4 2. Move the energy

Short bursts of movement can help burn off extra energy and reduce the intensity.



Go for a brisk walk.



Take the stairs.



Do wall pushups.



Shake out your arms, hands and legs for 30 to 60 seconds.

Choose movement that is safe for your body and appropriate for your current health and mobility.

Move it out so you can breathe it out.

5 3. Slow your breathing

Slower breathing signals safety to your nervous system. Try to exhale longer than you inhale.

Try this:

- Inhale for 4 counts.
- Exhale for 6 counts.
- Repeat for 1 to 2 minutes.

You can also try breathing through your nose or gently sighing out longer than you breathe in.

Slower breaths. Calmer thoughts.

6 4. Relax your muscles

Tension can build up when emotions are intense. Letting go can help your body feel safer.



Tense a muscle (like your hands, shoulders or legs) for 5 seconds.



Then release and notice the difference.



Unclench your jaw.



Drop your shoulders.



Let your hands be open and relaxed.

Let go a little. Feel a little lighter.

7 A helpful reminder

These tools do not solve the whole problem, but they can lower the intensity of your emotions enough to help you think more clearly, make safer choices, and respond in a way that fits your values.

This skill set is sometimes called TIPP.

Choose options that are safe for your body and skip anything that does not feel right. You know yourself best.

A quieter body. A brighter tomorrow.