

T.I.P.P SKILL

TIPP SKILL AIMS TO RAPIDLY ALTER YOUR BODY CHEMISTRY TO REDUCE THE IMPACT OF OVERWHELMING EMOTIONS ON YOUR THINKING AND BEHAVIORS.



TEMPERATURE: USE COLD WATER ON YOUR FACE TO TRIGGER A CALMING RESPONSE AND REDUCE OVERWHELMING EMOTIONS.



INTENSE EXERCISE: RELEASE TENSION, SHIFT FOCUS, FIND RELIEF. EXAMPLES: RUNNING, JUMPING, HIGH-INTENSITY WORKOUTS.



PACED BREATHING: SLOW, DEEP BREATHS ACTIVATE RELAXATION RESPONSE, CALMING OVERWHELMING EMOTIONS, REDUCING ANXIETY OR PANIC.



PAIRED MUSCLE RELAXATION: TENSE AND RELAX MUSCLE GROUPS TO RELEASE TENSION AND PROMOTE RELAXATION, HELPFUL FOR STRESS OR EMOTIONAL DISTRESS.