

## Crisis Survival: TIPP Skills

When we get into crisis mode, our body is revving up to either win or escape a fight. The strength of this response may make it difficult to think clearly. The following are behavioral strategies to *quickly* reduce extreme/intense emotions.

The goal of the following strategies is NOT to completely eliminate an unpleasant emotion. The goal of these strategies is to REDUCE the strength of the emotion back down to a management range.

### Temperature

Try to rapidly cool yourself down. The most effective way is to...

1. Prepare an ice pack or a bowl of cold/ice water
2. Take a deep breath and hold it in without exhaling
3. Place the ice pack/water on your face
4. Hold for 15-30 seconds

### Intense Exercise

We can calm our emotions by redirecting our energy. Engage in intense, high heart-rate exercise. This may include: running, jumping, lifting weights, etc.

### Paced Breathing

We can slow our mind and our heart rate by slowing our breathing. Inhale slowly and deeply, focusing on getting your breath deep into your belly. Once you feel your lungs are full, slowly exhale, focusing on making your exhale longer than your inhale.

### Paired Muscle Relaxation

When we relax our muscles, we can help our brain relax our emotions. While breathing deeply into your belly, flex a group of muscles (e.g., shoulders, legs, biceps, etc.). Pay attention to the feeling of that tension. Then, slowly exhale while releasing the tension. Compare the feeling at peak flex with the post-flex feeling.