

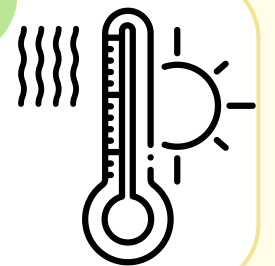
# DEALING WITH OVERWHELMING EMOTIONS WITH TIPP

TIPP stands for Temperature, Intense Exercise, Paced Breathing, and Paired Muscle Relaxation. This is a super easy skill to use in times of crisis or high emotion states, like when you feel overwhelmed or like your emotions are going to consume you.

1

## TEMPERATURE

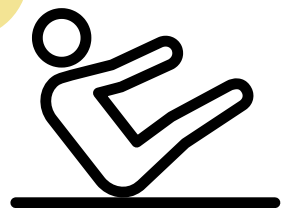
Change your body temperature. Splash your face with cold water. Hold an ice-cube. Let the car AC blow on your face.



2

## INTENSE EXERCISE

Opt for intense exercise to match your intense emotions. Sprint to the end of the street, do jumping jacks, push-ups, or even dance!



3

## PAIRED MUSCLE RELAXATION

Focus on one muscle group at a time. Tighten your muscles as much as possible for 5 seconds, then release and relax. Repeat with other muscle groups.



4

## PACED BREATHING

Try 4-7-8 breathing method. Inhale for 4 seconds, hold for 7 seconds, and then exhale for 8 seconds. Repeat as many times as needed!

