

# TIP SKILL

## USE TIP WHEN:

Emotions are intense, very high, or overwhelming.

We want to “TIP” our body chemistry to reduce emotional intensity. This allows our nervous system to go from ‘fight or flight’ to ‘rest and digest’, which means we can access the thinking parts of our brain again.

### T - TEMPERATURE

Use a bowl of ice water or an ice pack to cover your cheekbones and under eye area for 30 seconds.

### I - INTENSE EXERCISE

Engage in intense and immediate physical activity for 3-5 minutes.

### P - PACED BREATHING

Take slow, intentional breaths from your abdomen, breathing out longer than breathing in, for 1-2 minutes.

REDESIGNING  
MENTAL HEALTH

