

# TTIPP Skill

## Tip the temperature



Tip the temperature of your face with cold water. Calm down fast. Holding your breath, put your face in a bowl of cold water, or hold a cold pack/ice on your eyes cheeks and hands. Hold for 30 seconds.

## Taste Sensation



Use an intense taste like lemon juice or peri peri sauce to create a strong shock to help distract you from your intrusive thoughts.

## Intense Exercise



To calm down your body when it is revved up by emotion. Engage in intense exercise, if only for a short while. Expend your body's stored up physical energy.

## Paced Breathing



Pace your breathing by slowing it down. Breathe deeply into your belly. Slow your pace of inhaling and exhaling. Breathe out more slowly than you breathe in.

## Paired Muscle Relaxation



To calm down by pairing muscle relaxation with breathing out. While breathing into your belly, deeply tense your muscles. Notice the tension in your body. While breathing out, say 'Relax' in your mind and let go of tension. Notice the difference in your body.