

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

TIPP Skill

The TIPP skill is incredibly useful when your emotions are running high and you need to change them quickly. There is a very close relationship between our bodies and our emotions. If we change one, we can change the impact on the other.

So we know emotional states are linked to the body. The TIPP skill works on changing the body so that there may be an effect on our emotional state. TIPP is an acronym and stands for:

T - Temperature

I - Intense exercise

P - Paced breathing

P - Progressive muscular relaxation

Temperature

Reduce the temperature of your face by holding your breath and putting your face in a bowl of cold water; try holding a cold pack over your eyes and cheeks for 30 seconds.

Intense exercise

Do intense aerobic exercise for a short while (10-15 minutes). Use your body's stored up energy by running, walking fast, jumping jacks, sit-ups or dancing. Be careful not to overdo it!

Paced breathing

Slow your breathing down to five to seven in and out breaths per minute. Breathe deeply from your stomach. Breathe out more slowly than you breathe in. For example, breathe in for four seconds and out for six. Do this for about two minutes.

Progressive muscular relaxation

Tense and relax each muscle group. Move from head to toe, tensing and relaxing one muscle group at a time. Tense for five seconds then relax all the way.

