



TIPP SKILLS GUIDE

PRACTICAL STRATEGIES FOR MOMENTS OF INTENSE OVERWHELM

Sometimes our emotions become so strong that it feels difficult to think clearly or know what to do next. This guide offers practical strategies that use the body to help reduce emotional intensity and support your nervous system in returning towards a calmer state. These exercises are not about making difficult feelings disappear. They are intended to help you feel a little more steady and supported in this moment.

Before you begin: What am I noticing right now?

My thoughts:

My emotions:

My body sensations:

Intensity right now (0–100):

More on the next page...



T — Temperature

Which strategy would I like to try?

Splash cool water on my face

Hold a cool pack

Step outside for fresh air

After trying this exercise, what do I notice?

I — Intense Exercise

What movement feels manageable right now?

Brisk walk

Stairs

Dancing

Stretching

What do I notice now?

P — Paced Breathing

Try:

1. Inhale gently for 4 seconds.
2. Exhale slowly for 6 seconds.
3. Continue for one to two minutes.

Afterwards:

What do I notice?

Intensity now (0–100):

More on the next page...



P — Progressive Muscle Relaxation

1. Choose a muscle group.
2. Gently tense for a few seconds.
3. Slowly release.
4. Repeat with more muscle groups.

After trying this exercise, what do I notice?

Check-In

How do I feel now?

What might I need next?

One small, supportive step I can take:

Remember: You do not need to have everything figured out right now. Sometimes the next helpful step is simply pausing, noticing, and responding to yourself with care.