



Pause, Reset, Nourish:

TIPP Skills

WHEN TO USE

- When you need to tolerate distress

CATEGORY

Grounding Strategies (body based), Distress Tolerance

OVERVIEW

This practice will provide ways we can adjust our physiology and calm our stress response.

THE SCIENCE BEHIND THIS PRACTICE

The TIPP skills are a collection of fast-acting techniques to rapidly change body chemistry during moments of intense emotions.

WHAT IS NEEDED	Access to cold water or an ice pack.
PAUSE	Take a full, deep breath and focus your attention inward. What do you notice in your thoughts, emotions and body sensations? Do you notice signs of anxiety, anger, restlessness, etc. or signs of detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, what color are you: green, yellow, orange, or red zone?

<p>RESET</p>	<div data-bbox="410 233 1490 506" style="background-color: #209e9e; color: white; padding: 10px;">  <p>T-Temperature Ice pack on face/neck Splash your face with cold water</p> </div> <div data-bbox="410 520 1490 852" style="background-color: #6aa84f; color: white; padding: 10px;">  <p>I-Intense Exercise Walk quickly, run on the spot, Climb stairs, jumping jacks</p> </div> <div data-bbox="410 867 1490 1146" style="background-color: #e34a5b; color: white; padding: 10px;">  <p>P-Paced Breathing Choose a paced breathing pattern and repeat several times (e.g. 4-4-4; 4-7-8 etc.)</p> </div> <div data-bbox="410 1161 1490 1423" style="background-color: #2e75b6; color: white; padding: 10px;">  <p>P-Paired Muscle Relaxation Tense your muscles when breathing in (e.g. tense fingers, toes face etc.), relax when breathing out</p> </div>
<p>NOURISH</p>	<p>Notice once again what is here for you now with curiosity and without judgement. You may wish to repeat the practice. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p>
<p>FURTHER RESOURCES/ REFERENCES</p>	<p>https://www.sunrisertc.com/distress-tolerance-skills/ <i>Polyvagal Theory Lecture</i></p>

NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.