

TIPP Skills for Emotional Regulation

Emotions can run high when facing unemployment, and it's normal to feel overwhelmed at times. TIPP skills are simple, practical strategies designed to help you quickly calm intense emotions and bring both body and mind back into balance. By reducing the body's stress response, these skills make it easier to think clearly, make decisions, and cope more effectively during difficult moments.

T – Temperature

Changing your body temperature can quickly reduce intense emotional arousal.

Examples:

- Splash cold water on your face.
 - Hold an ice cube in your hand until it melts.
 - Place a cool cloth on the back of your neck.
 - Step outside into fresh air if it's cooler than inside.
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I – Intense Exercise

Short bursts of physical activity help release stress hormones and calm your nervous system.

Examples:

- Do 20 star jumps, push-ups, or squats.
 - Run up and down the stairs a few times.
 - Put on music and dance energetically.
 - Go for a brisk walk or jog.
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P – Paced Breathing

Slow, steady breathing helps regulate your heartbeat and reduce tension.

Examples:

- Try **box breathing**: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4.
 - Inhale deeply through your nose for 5 seconds, exhale slowly through your mouth for 7 seconds.
 - Focus on breathing into your belly rather than your chest.
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P – Paired Muscle Relaxation

This technique reduces stress by combining muscle relaxation with calm breathing.


Examples:

- Inhale deeply while tensing your fists; exhale slowly while letting them go limp.
- Tighten your shoulders as you breathe in, then drop them down as you breathe out.
- Work through your body (arms, legs, face), tensing muscles on the inhale and releasing on the exhale.

Tip:

Practice these skills when you're calm, so they feel more natural when emotions are high.

If you need support:

 0490 444 179

 www.greenhillcounselling.com.au