C+FS | EAP

Four Ways to Reset When Emotions Run High

TIPP skills to help lower emotional intensity.

Temperature

Cool down.

Place a cool, damp cloth on your face.

Try it: Notice the sensation of the cloth.

Intense Exercise

Move your body.

Try a brief burst of movement suited to your physical abilities, such as brisk walking.

Try it: Choose a safe activity that works for you.

Paced Breathing

Breathe in for 4, out for 6.

Breathe gently and comfortably. Adjust the count if needed.

Try it: Practice a few comfortable breaths without forcing them.

Paired Muscle Relaxation

Tighten, then release.

Gently tighten a muscle group, then release and notice the difference.

Try it: Try your hands or shoulders, avoiding painful areas.

Your Action Plan

Choose one skill to practice. These skills can help you manage intensity, not solve the situation itself.

Temperature | Movement | Breathing | Muscle relaxation

Reset your body. Choose your next step.