

How to calm yourself fast from

Extreme Emotions

Changing Your Body Chemistry to reduce extreme emotion mind fast.
Remember these as TIP skills:

T : Tip the Temperature of your face with cold water* (to calm down fast)

Holding your breath, put your face in a bowl of cold water, or hold a cold pack

(or zip-lock bag of cold water) on your eyes and cheeks.

Hold for 30 seconds. Keep water above 50°F.

P : Paced breathing (pace your breathing by slowing it down)

Breathe deeply into your belly.

Slow your pace of inhaling and exhaling way down

(on average, five to six breaths per minute).

Breathe out more slowly than you breathe in.

(for example, 5 seconds in and 7 seconds out).

I : Intense exercise* (to calm down your body when it is revved up by emotion)

Engage in intense exercise, if only for a short while.

Expend your body's stored-up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

P : Paired muscle relaxation (to calm down by pairing muscle relaxation with breathing out)

While breathing into your belly deeply tense your body muscles

(not so much as to cause a cramp).

Notice the tension in your body.

While breathing out, say the word "Relax" in your mind.

Let go of the tension.

Notice the difference in your body.

*Caution: Very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your healthcare provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are allergic to cold, or have an eating disorder.