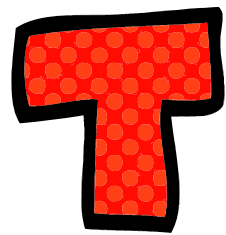


TIP SKILLS

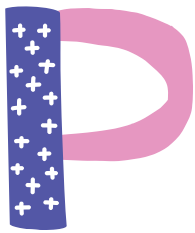


Tip the temperature of your face by splashing it with cold water for 30 seconds, or apply an ice pack wrapped in paper towel, while holding your breath, to provoke your "dive reflex". It'll help you calm down **FAST**.

NOTE: Not to be used by anyone with a heart condition.



Intense exercise even if just for a few minutes - to change your body chemistry and calm strong emotions.



Paced breathing - slow down your breathing. Ensure you are breathing deeply by putting your hand on your stomach to check that your hand is rising and falling. Count to 4 when you inhale (breathe in) and then up to 6 or 8 on the exhale (breathing out). Do this for at least 2 or 3 minutes.