TIPP

Temperature

- Splash cold water on your face
- Put your face in a bucket of ice water
- Hold ice packs, ice cubes, frozen oranges
- In cooler weather, step outside
- If you have heart related issues, consult your doctor before using these skills!

Intense exercise

- Jumping jacks
- Burpies
- Jump rope
- Dance
- 10-15 minutes maximum!

Paced breathing

- Focus on your breath for 1-2 minutes
- Breathe in deeply through your nose, filling your abdomen
- Breathe out slowly through your mouth, longer than you breathe in (about 4 seconds in, 6 seconds out)
- Breathe in – smell the flowers
- Breathe out – blow out the candles
- Visualize colors as you breathe in, breathe out

Progressive muscle relaxation

- Tense and relax each muscle group
- Head to toe, one muscle group at a time
- Hold the tension for 5 seconds, then let go

Other activities to lower emotional temperature:

- Holding a yoga pose
- Balancing on one foot
- Blowing bubbles
- Suck on a strong candy/mint (Sour Patch Kids, War Heads, Red Hots)
- Chew gum
- Make lists in your head or on paper (sports teams, bands, types of dogs, 50 states)
- Play Doh, Silly Putty
- Make a cup of tea, hot chocolate
- Origami, paper airplanes