



Emotional Skills Course—Session 2

TIPP skill

Mindfulness Five Things

Window of Tolerance

PLEASE

Skills Practice for the week:

TIPP skill

Three elements of PLEASE



Crisis Survival - TIPP



T – Temperature

Change your body temperature using cold water or ice.



I – Intense exercise

Walk quickly. Climb the stairs. Jump up and down. Run on the spot.



P – Paced breathing

Breathe in to the count of 5, hold then breath out to the count of 7.



P – Paired muscle relaxation

Tense your muscles when breathing in and relax them when breathing out.

(Lindhan, 2014).

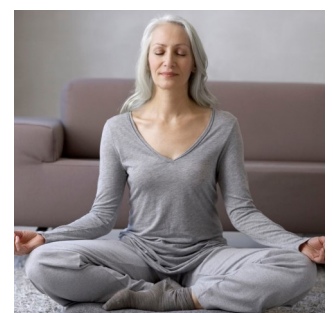
The Tipp Skills are used for taking down your levels of emotion quickly. The techniques focus on activating your parasympathetic nervous system, in order to shift your arousal state.

Practicing TIPP can help if you have problems sleeping due to feeling stressed.

Regular use can take down levels of reactivity overall.

Research into techniques to activate the vagus nerve is underway. Some preliminary findings have shown positive results:

- In one study on 61 people, tai chi increased heart rate variability and, therefore, likely vagus activation.
- Chanting, energetic singing, and choral singing may stimulate the vagus nerve indirectly, especially in people who are able to relax during the sessions.
- Cold exposure may stimulate the vagus nerve and rest-and-digest system.
- Some animal studies have looked at the potential effects of probiotics on the vagus nerve.
- Laughing may stimulate the vagus nerve and have other health benefits.
- Deep and slow breathing may boost vagus nerve activity and relaxation. Yogis say you should try to breathe from your belly at about 6 breaths per minute.
- Mild exercise stimulates gut flow in animals – and vagus nerve activation was needed to initiate this response. Thus, some scientists hypothesize that exercise may stimulate the vagus nerve.
- Positive thoughts and social connection may stimulate the vagus nerve and promote joy, serenity, and compassion.
- Studies suggest that at least three types of meditation may stimulate the vagus nerve indirectly. In small studies, loving-kindness meditation, mindfulness meditation, and Om chanting increased heart rate variability, which is linked to vagal tone.



MINDFULNESS—5 things

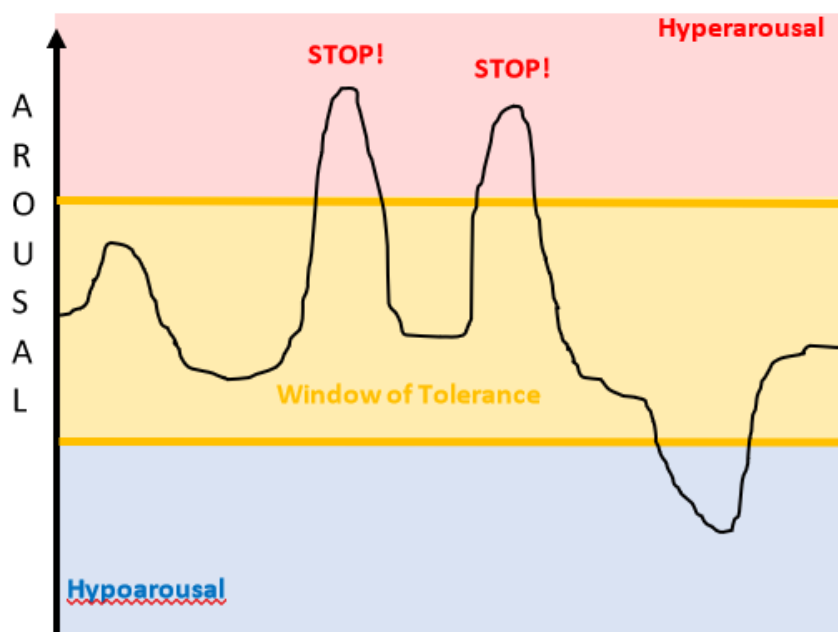
To help feel grounded and more able to think properly



Increasing our Window of Tolerance

Overwhelm! Choices are lost and your body wants to **fight or run away**. Reactions just take over.

Everyday things can shrink our window of tolerance, such as not getting enough sleep or not eating much.



Here, you feel like you **can cope**. You may feel stressed and you will experience emotions, but they don't bother you too much. This is the **ideal place** to be!

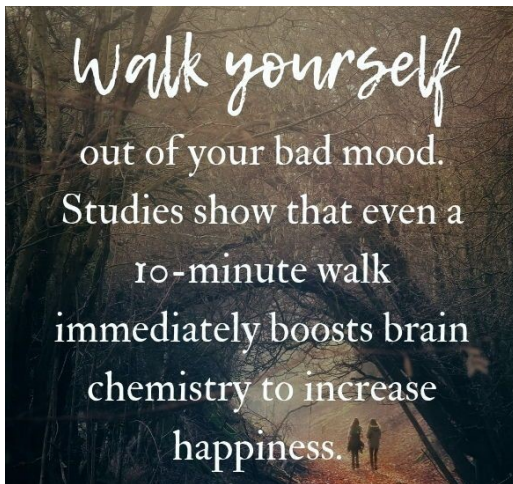
Our window of tolerance can get bigger by taking care of our basic needs. This helps things to feel more manageable.

Numb, disconnected, freeze. Here your body **shuts down**. You don't make choices about how you act, your reactions take over.

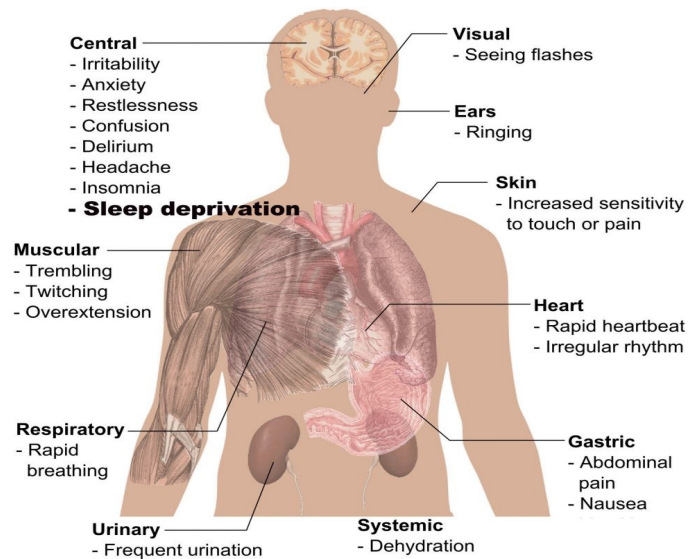
PLEASE Skill

For reducing vulnerability to overwhelming emotional reactions

- Treat **P**hysical **L** illness
- Balance **E**ating
- Avoid mood-**A**ltering drugs
- Balance **S**leep
- Get **E**xercise



SIDE EFFECTS OF CAFFEINE



Taking care of your physical self can make you less vulnerable to overwhelming emotions and disconnection.

What three things can you change this week to better protect yourself and help yourself to manage better when things are challenging?

- 1) _____

- 2) _____

- 3) _____

Module 2 Skills Practice							
Skills Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIPP skill							
How did it go?							
3 elements of PLEASE							
How did it go?							

Mindfulness practice—grounding with the five senses

Notice five, four, three, two, one.

This is a simple exercise to centre yourself and engage with your environment in the here and now.

Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Look around and notice five things that you can see. You may want to give them a descriptive label, for example ‘a brown chair, a white ceiling’.
2. Listen carefully and notice four things that you can hear.
3. Notice three things that you can feel in contact with your body (for example, the air on your face, your feet upon the floor, your back against the chair).
4. Notice two things that you can smell.
5. Notice one thing that you can taste.



Reflect on how this practice makes you feel. Is it easy or hard? Does your mind wander or can you keep a mindful focus?