



ACUTE
CENTER FOR EATING DISORDERS
& SEVERE MALNUTRITION
BY DENVER HEALTH
A CENTER OF EXCELLENCE

Slowing Down When Your Mind Is Racing

Using distress tolerance skills to calm the nervous system

TIPP skills are practical distress tolerance tools that help reduce intense emotions when they feel overwhelming. TIPP stands for **T**emperature change, **I**ntense sensory input, **P**aced breathing and **P**rogressive muscle relaxation – all body-based strategies that help calm the nervous system quickly and safely.

Use these strategies to help calm your body, reduce distress and regain a sense of control.

T

Temperature
Change



Cooling the body lowers the heart rate and breathing, shifting your attention away from intense emotions.

I

Intense Sensory
Input



Intense sensory input creates strong sensory signals that interrupt overwhelming emotions.

P

Paced
Breathing



Paced breathing increases oxygen intake and lowers blood pressure and heart rate.

P

Progressive Muscle
Relaxation



Tensing and relaxing muscles helps the body let go of stress.



Call **877-228-8348** to speak with a member
of the ACUTE admissions team.

www.acute.org

Grounding Yourself During Moments of Mental Overload



Temperature Change

Try it yourself:

- Briefly immerse your face in a shallow bowl of cool water while holding your breath; repeat two or three times
- Take a cold shower
- Apply an ice pack or ice cube to your face (*avoid extreme or prolonged exposure*)
- Hold a wet cloth to your face or neck
- Drink a glass of cold water

Why it works:

Cooling the body lowers the heart rate and breathing, shifting your attention away from intense emotions.



Intense Sensory Input

Try it yourself:

- Move your eyes up and down, side to side or in circular patterns
- Sniff a strong scent (e.g., coffee beans, perfume, essential oils)
- Clap your hands or snap your fingers
- Listen to loud music
- Have something sour or with strong flavor (e.g., lemon candy, mints)
- Squeeze a firm or textured object (e.g., stress balls, stones, fidget toys)

Why it works:

Intense sensory input creates strong sensory signals that interrupt overwhelming emotions.



Paced Breathing

Try it yourself:

- Inhale through your nose for four seconds
- Hold your breath for four seconds
- Exhale through your mouth for four seconds
- Repeat

Why it works:

Paced breathing increases oxygen intake and lowers blood pressure and heart rate.



Progressive Muscle Relaxation

Try it yourself:

- Sit or lie down in a comfortable position
- Tense the muscles in your feet for five seconds
- Slowly relax these muscles
- Repeat these steps, working upward to your calves, thighs, mid-section, back, chest, arms and face

Why it works:

Tensing and relaxing muscles helps the body let go of stress.

Don't struggle alone.

Reaching out can be your next step toward recovery. Contact us today to learn how we can help you find stability and a path forward.

ACUTE accepts patients 15+ years of age of all gender expressions suffering from severe medical complications associated with an eating disorder and/or severe malnutrition.



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This worksheet is provided for educational and self-reflection purposes only. It is not intended to constitute medical or psychiatric advice, diagnosis or treatment, and should not be used as a substitute for care from a licensed healthcare provider.

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