

TIPP SKILLS

This TIPP skill is a rapid way to reduce emotional intensity. Why does this work? It's designed to activate the human body's physiological nervous system for decreasing arousal. The body has a "sympathetic nervous system" and a "parasympathetic nervous system" that work in opposite directions. Your sympathetic nervous system activates the fight or flight response while the parasympathetic system increases your ability to calm and regulate emotions. These skills help increase activity in your parasympathetic nervous system and decrease your fight or flight response.

