

TIPP crisis card

Two wallet-sized cards. Fill in your own version, cut out, keep somewhere you will find it.

Nobody browses a menu of coping skills at the peak of an urge. Decide now, write it down, and remove the friction — the bowl, the cloth, the stairs. Cut along the lines and keep one in a wallet and one by the bed.

CARD ONE — cut out

TEMPERATURE

Cold water on the face, 30 seconds. Where is it?

INTENSE EXERCISE

10 to 15 minutes, properly out of breath. What?

PACED BREATHING

Exhale longer than the inhale. My count:

PAIRED RELAXATION

Tense on the in-breath, release on the out.

If I cannot keep myself safe: call or text 988

CARD TWO — cut out

TEMPERATURE

Cold water on the face, 30 seconds. Where is it?

INTENSE EXERCISE

10 to 15 minutes, properly out of breath. What?

PACED BREATHING

Exhale longer than the inhale. My count:

PAIRED RELAXATION

Tense on the in-breath, release on the out.

If I cannot keep myself safe: call or text 988

Medical note: cold water immersion changes heart rate. If you have a cardiac condition, low blood pressure, an eating disorder, are pregnant, or take beta blockers, speak to a doctor first and use paced breathing meanwhile.