



# CRISIS CALM CHEAT SHEET

Keep This By Your Desk for When Clients Are in Distress

TIP SKILLS: Emergency Tools for High-Intensity Moments (8/10+)

## T = TEMPERATURE (Cold Water)

**What it does:** Triggers the "dive reflex" to rapidly slow heart rate.

- **Ice water on face:** Splash or submerge for 30 sec.
- **Ice pack:** Hold on forehead/cheeks for 30-60 sec.
- **Ice in hands:** Squeeze cubes, focus on sensation.

### When to use:

Panic attacks, explosive anger, overwhelm (9-10/10).

**Result: 9/10 → 6/10.**

## I = INTENSE EXERCISE

**What it does:** Burns off stress hormones & releases endorphins.

- **Sprints/Jumping Jacks:** 1-2 mins intense movement.
- **Stairs:** Run up/down rapidly for 5-10 mins.
- **Punch Pillow:** Physical outlet for anger.

### When to use:

Rage, restless energy, need to discharge (7-9/10).

**Result: 8/10 → 4/10.**

## P = PACED BREATHING

**What it does:** Signals safety to the nervous system via slow exhale.

**BOX BREATHING:** Inhale (4) → Hold (4) → Exhale (4) → Hold (4). Repeat 3-5 mins.

### When to use:

Moderate intensity (6-7/10), public settings.

**Result: 6/10 → 3/10.**

SITUATION	USE THIS
Panic / Fear	Temperature
Explosive Rage	Intense Exercise
Public Setting	Paced Breathing

### STACKING FOR CRISIS (9-10/10):

1. **Temperature** (Drop to 6/10)
  2. **Paced Breathing** (Drop to 3/10)
- Total Time: 5-10 mins

# COACHING REMINDERS & SAFETY

## TEACH IN SESSION

- **Demonstrate:** Do paced breathing WITH your client.
- **Practice Low:** Practice in low-intensity moments first.
- **Track Data:** Ask for intensity rating (0-10) before & after.

## KEY PHRASES

- "TIP works through your body to change your emotions."
- "The cold should be uncomfortable—that's what triggers the calm."
- "Your breath is a tool you always have with you."

## SAFETY CHECKS (SCREEN BEFORE SUGGESTING)

**Temperature:** Ask about heart conditions or Raynaud's disease.

**Intense Exercise:** Ask about physical limitations, surgery, or heart conditions.

**Breathing:** Generally safe; skip holds if dizziness occurs.

## INTEGRATION WITH STOP TECHNIQUE

STOP (Pause) → Choose TIP Skill → Reduce Intensity → Proceed Mindfully

## TROUBLESHOOTING COMMON OBJECTIONS




- "I can't breathe slowly!" → Use Temperature FIRST, then breathing.
- "Focusing on breath makes me anxious." → Use Temperature or Exercise instead.
- "I don't feel like exercising." → "This is medicine, not preference-based."

## IMPORTANT DISCLAIMER & REFERRALS

### When to Refer to Therapy:

- Suicidal ideation or self-harm
- Crisis episodes multiple times weekly
- Severe mental health symptoms

### CRISIS RESOURCES:

-  **988** - Suicide & Crisis Lifeline
-  **741741** - Crisis Text Line
-  **911** - Emergency Services

**For Coaching Use Only:** Not a substitute for professional mental health treatment. Coaches must screen for clinical issues and maintain liability insurance.

# READY FOR THE COMPLETE SYSTEM?

You've scratched the surface. Now get the full toolkit.

## The Emotional Resilience Toolkit

25+ evidence-informed skills across all four pillars.

### MODULE 1: Framework

Deep-dive & Assessments

### MODULE 2: Mindfulness

6 skills + Meditation scripts

### MODULE 3: Crisis Navigation

7 crisis techniques (STOP, TIP, etc)

### MODULE 4: Emotion Reg

ABC PLEASE, Opp. Action, Logs

### MODULE 5: Relationships

Communication & Boundaries

### MODULE 6: Integration

40+ Coaching Session Plans

Use code **QUICKSTART** for your special discount

**GET THE COMPLETE TOOLKIT**

### Why Coaches Choose This:

- ✓ No new content creation needed
- ✓ Client-ready worksheets included
- ✓ Evidence-informed & Professional

## ABOUT SIX FIGURE COACH SECRETS

Our mission is to equip coaches with evidence-informed tools that help clients build lasting change and emotional resilience.

### Connect With Us:

Website: <https://tools.sixfigurecoachsecrets.com/>

Email: [support@sixfigurecoachsecrets.com](mailto:support@sixfigurecoachsecrets.com)

---

### IMPORTANT DISCLAIMER: For Coaching Use Only

This guide is designed for use by coaches working with generally well-functioning adults. It is NOT intended as a substitute for professional mental health treatment.

**Crisis Resources:** If you or your client is experiencing a mental health crisis, call 988 (Suicide & Crisis Lifeline) or contact emergency services immediately.

**Scope of Practice:** Coaches must screen clients for clinical issues and refer to licensed professionals when appropriate. Never represent these skills as therapy.

**Acknowledgments:** This toolkit draws inspiration from evidence-based approaches including DBT and MBSR, adapted for coaching. This product is not affiliated with the Linehan Institute or Behavioral Tech.