

TIPP

DBT distress tolerance skills

When you're overwhelmed by intense emotions, **DBT TIPP** skills can help shift the body into a more relaxed state. Use one or more of these strategies to regain stability in moments of turmoil.

| Skills | Why it Works | How to Practice |
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| T Temperature | Cooling the body slows heart rate and breathing, shifting attention away from intense emotions and intrusive thoughts. | Briefly immerse your face in cold water while holding your breath, repeating 2-3 times. Other options: <ul style="list-style-type: none">• Take a cold shower.• Apply an ice pack or ice cube to your skin (avoiding extreme or prolonged cold).• Hold a wet cloth on your face or neck. |
| I Intensive exercise | Intense exercise lowers stress and increases feel-good brain chemicals, like endorphins. | Exercise at moderate intensity for around 15 minutes, being careful not to overdo it: <ul style="list-style-type: none">• Walk briskly or jog.• Swim laps or ride a bike.• Jump rope or do jumping jacks. |
| P Paced breathing | Paced breathing increases oxygen intake and lowers blood pressure and heart rate. | <ol style="list-style-type: none">1. Inhale through your nose for a count of 4.2. Hold your breath for a count of 7.3. Exhale through your mouth for a count of 8.4. Repeat several times. |
| P Progressive muscle relaxation | Tensing and relaxing muscles helps the body let go of stress, triggering the relaxation response. | <ol style="list-style-type: none">1. Sit or lie down in a comfortable position.2. Tense the muscles in your feet for 5 seconds.3. Slowly relax these muscles as you say the word "relax."4. Repeat these steps with your calves, thighs, mid-section, back, chest, arms, and face. |