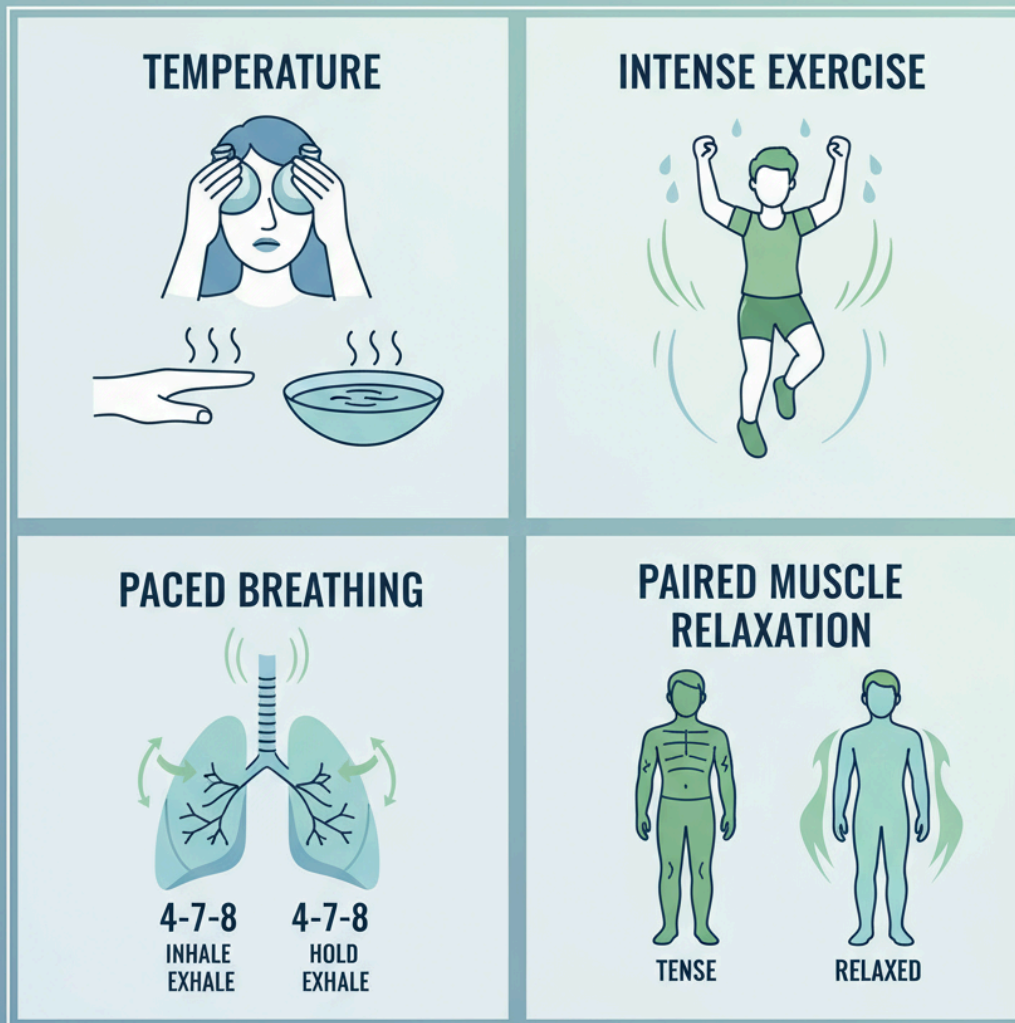


DBT Skill: TIPP



DBT TIPP SKILLS

These skills work directly on your body's physiology to bring down extreme emotional arousal quickly.

- **T - Temperature:**
 - Change body temperature, focusing on cooling your face (cold water, ice packs under eyes/cheeks for 15-30 sec). Triggers dive reflex, slows heart rate.

- **Caution:** Use carefully with heart conditions. Avoid frostbite.
- **I - Intense Exercise:**
 - Engage in brief (10-20 min), vigorous physical activity (running stairs, jumping jacks, push-ups, sprinting in place). Burns off physical energy, releases endorphins.
 - **Caution:** Ensure medical clearance if needed. Ensure safe environment.
- **P - Paced Breathing:**
 - Slow down breathing rate. Breathe in slowly (belly breath) for 4-5 sec. Breathe out slowly for 6-8 sec. Focus on the breath for 1-5 min. Activates calming nervous system.
- **P - Paired Muscle Relaxation (PMR):**
 - Systematically tense (5-10 sec) and then release (15-20 sec) different muscle groups (hands, arms, face, shoulders, chest, stomach, back, legs, feet). Reduces physical tension.