

TIPP SKILL

For distress tolerance (when very heightened and distressed)

T - Temperature



Change the temperature of your body by having a cold shower, dunking your face in cold water, or using ice

I - Intense exercise



Do some quick intense exercise to get your heart rate up e.g. running



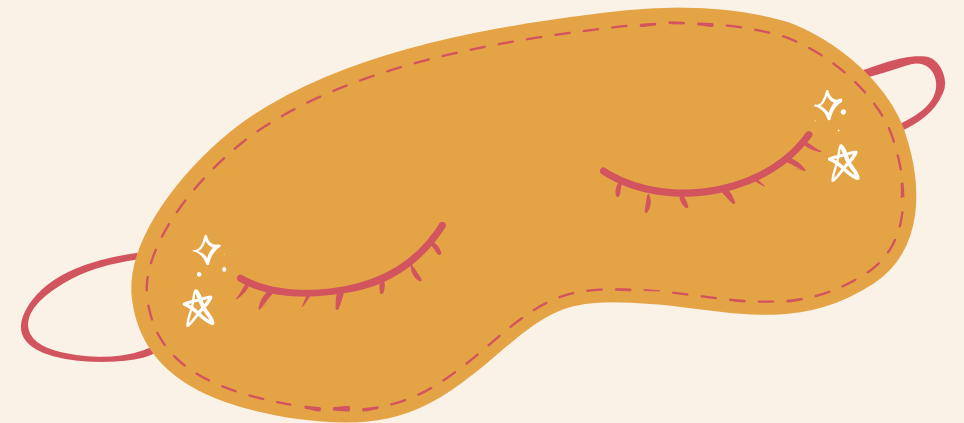
inhale
exhale

P - Paced Breathing

Take 30 slow deep breaths (breathing longer on the breath out)

P - Paired Muscle Relaxation

Lie down and tense each muscle and then release e.g. feet, legs, tummy, arms, hands, face



When to do this

Do this method when very dysregulated. It will help calm your nervous system down and you will feel better.

