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
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: • 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: • 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.	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.	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.

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