

Distress Tolerance: TIPP

TIPP SKILLS ARE DISTRESS TOLERANCE SKILLS USED TO REDUCE EXTREME EMOTION FAST

1



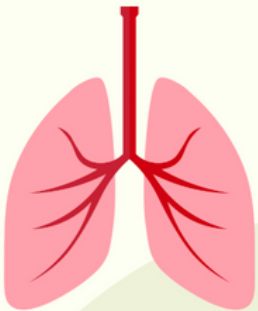
Temperature: Change your body temperature. Splash your face with cold water, hold an ice cube or take a cold shower.

2



Intense Exercise: Do intense exercise to match your intense emotion. Do sprints, jumping jacks or push ups

3



Paced Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm

4



Paired Muscle Relaxation: Focus on 1 muscle group at a time. Tighten your arm muscles as much as possible for 5 seconds and then release. Then tighten your stomach muscles for 5 seconds and relax. Repeat as you move down your body

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