

Distress Tolerance

TIPP Skills: Changing Your Body Chemistry

This skill is used in times of crisis or high emotional states like when you feel overwhelmed and your emotions are going to consume you. It reduces extreme emotion fast.

Temperature

Change the temperature of your face with the use of cold water

Hold your breath and dunk your face in to a bowl or sink of cold water. Hold for 30 seconds, covering your temples. Then remove your face and breathe again.

This can also be done by splashing cold water on your face or using a cold pack on your eyes, temple, and forehead.

Intense Exercise

Calm down your body by engaging in intense activity

Expend your body's stored up physical energy by running, sprinting, walking fast, jumping, playing basketball, lifting weights, jumping jacks or jogging.

Ideally, perform any aerobic exercise for 2 minutes minimum.

Paced Breathing

Slow down your breath by breathing out slower than breathing in

Breathe deeply into your belly. Slow the pace of your inhaling and exhaling to about 5-6 breaths per minute. Try breathing in for 4, out for 5. Then moving to breathing in for 5 and out for 7. This will communicate to the body we are safe and not in danger.

Paired Muscle Relaxation

Calm down by pairing muscle relaxation with breathing out

While breathing in, deeply tense a muscle in your body. Notice the tension. While breathing out, say the word "Relax" in your mind. Let go of the tension. Notice the difference in your body. Repeat with a different muscle and work up the body from your toes to your head.