



# DBT TIPP Skills: Your Emergency Reset Guide

Dialectical Behavior Therapy (DBT) TIPP skills are powerful tools for rapidly reducing intense emotional distress. These techniques activate your body's natural calming responses, providing an immediate reset in moments of crisis. This guide outlines these essential skills for quick, effective emotional regulation.

## EMERGENCY REGULATION TECHNIQUES

1

### Temperature (T)

Exposure to **cold water** on your face or body to quickly lower heart rate and calm your nervous system. Submerge your face in ice water or hold ice packs.

2

### Intense Exercise (I)

Engage in **vigorous physical activity** for 10-20 minutes to expend excess energy from strong emotions and shift your focus.

3

### Paced Breathing (P)

Practice **slow, deep breathing** to regulate your heart rate. A common rhythm is to inhale for 4 counts, hold for 1 count, and exhale for 8 counts.

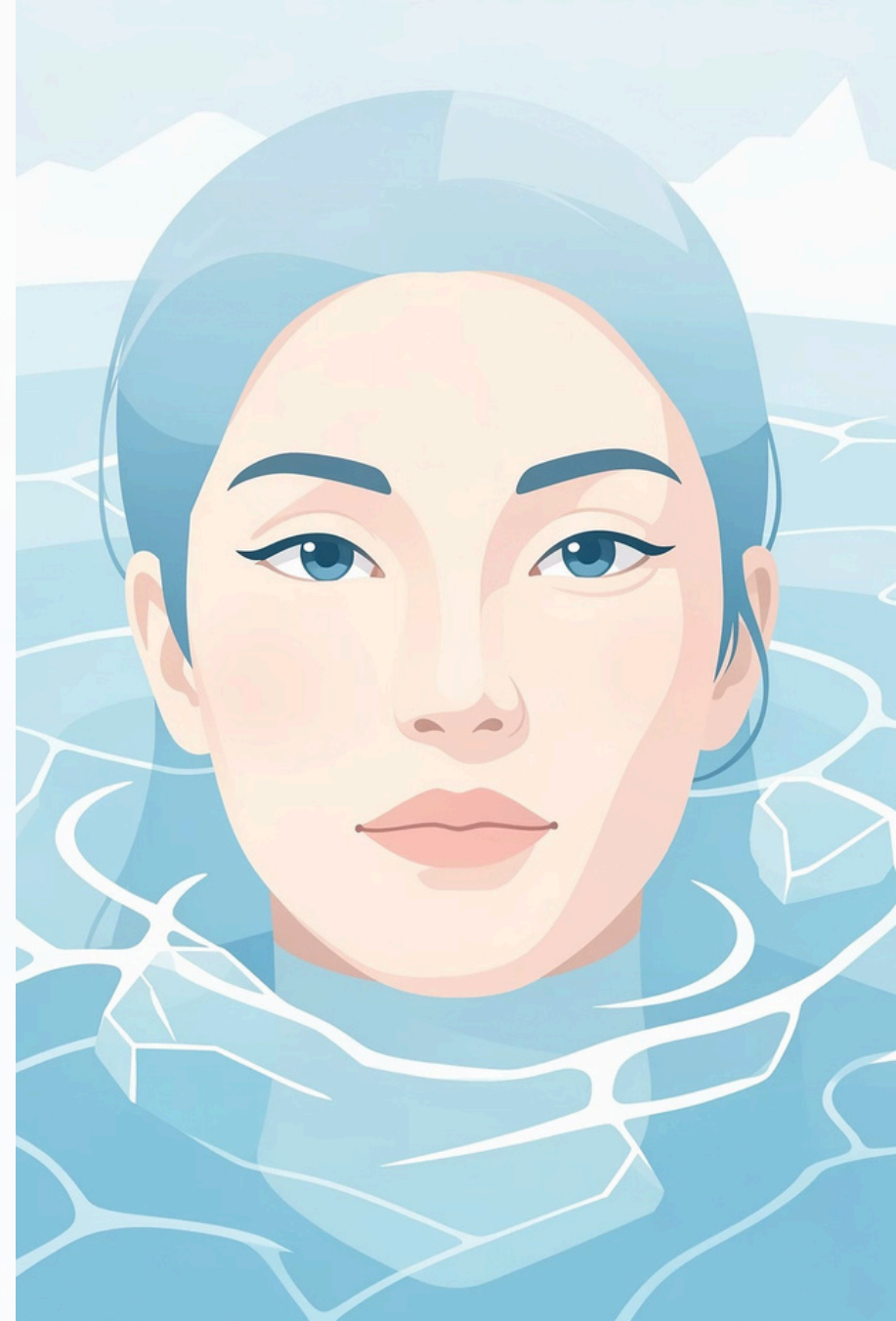
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### Paired Muscle Relaxation (P)

Systematically **tense and relax different muscle groups** throughout your body, often combined with paced breathing, to release physical tension.

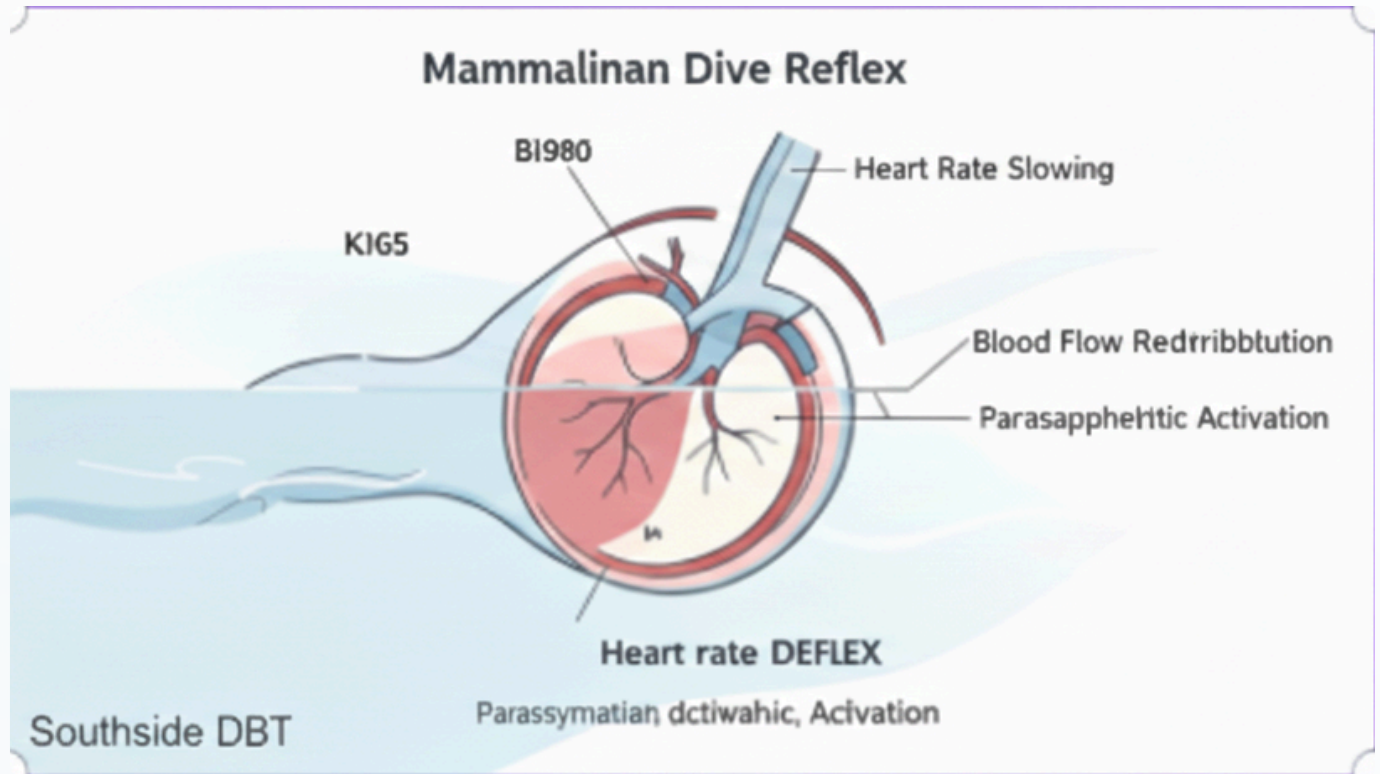
# Temperature: The Power of Cold Water

Utilizing cold water is a rapid and effective method for emotional de-escalation. This technique leverages the mammalian dive reflex, a physiological response that slows your heart rate and reduces sympathetic nervous system arousal. Simply submerging your face in ice water or applying ice packs to your wrists and neck can provide an immediate calming effect.



## How to Activate the Dive Reflex

- Fill a bowl with ice water (add ice for maximum effect).
- Take a deep breath and hold it.
- Submerge your entire face (eyes, nose, cheeks) for 30-60 seconds.
- Alternatively, apply ice packs to your eyes, cheeks, or neck.
- Breathe deeply and slowly when you resurface.





## **Intense Exercise: Shifting Emotional Energy**

When overwhelmed by powerful emotions, the body often feels a surge of physiological arousal. Intense exercise provides a healthy outlet for this energy, helping to metabolize stress hormones and shift your mental state. Engaging in cardio for 10-20 minutes can significantly reduce emotional intensity.

## Exercise Recommendations

- Go for a briskrun or jog.
- Do jumping jacks or burpees.
- Dance vigorously to upbeat music.
- Try a quick, intense workout routine.

The goal is to physically exhaust the emotional energy, allowing your mind to calm.



Running



Weight Lifting



Dancing



## **Paced Breathing: Regulating Your Rhythm**

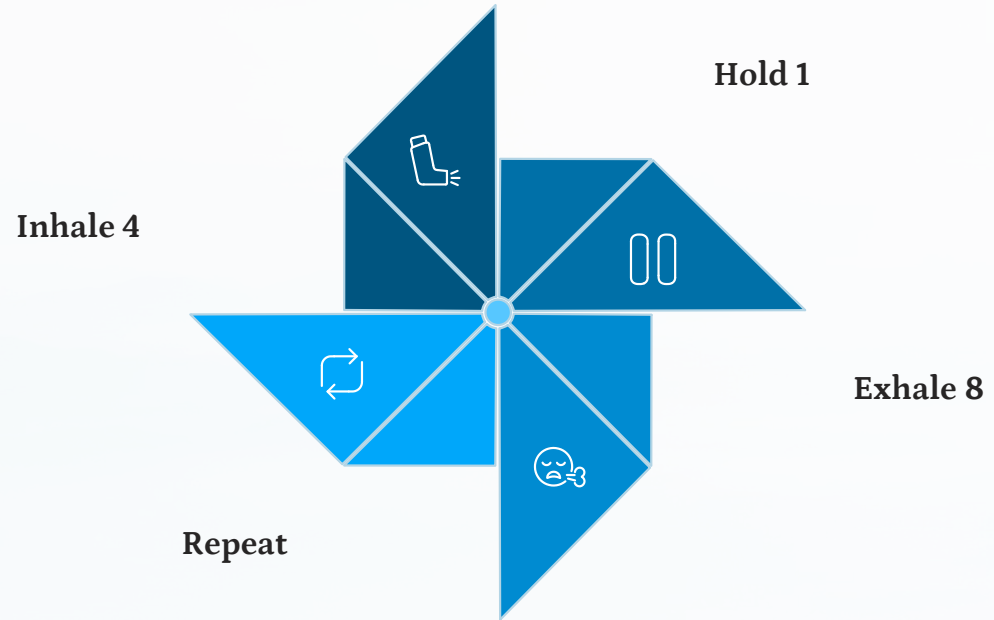
Your breath is a powerful link to your nervous system. By consciously slowing and deepening your breathing, you can directly influence your heart rate and promote relaxation. Paced breathing, particularly with an extended exhale, activates the parasympathetic nervous system, signaling safety to your body.

# The 4-8 Breathing Technique

This technique is simple and highly effective:

1. Inhale slowly through your nose for a count of **4**.
2. Hold your breath for a count of **1**.
3. Exhale slowly through your mouth for a count of **8**, pushing all air out.
4. Repeat this cycle for several minutes until you feel calmer.

Focusing on the count also helps distract from overwhelming thoughts.





## **Paired Muscle Relaxation: Releasing Tension**

Intense emotions often manifest as physical tension in the body. Progressive muscle relaxation involves systematically tensing and then relaxing different muscle groups. This practice heightens body awareness and consciously releases stored physical tension, contributing to overall emotional calm.



### **Clench Fists**

Tighten, then release.



### **Shoulders to Ears**

Lift, then drop.



### **Forehead Wrinkle**

Tighten, then smooth.



### **Curl Toes**

Tighten, then release.

## **Practice and Integration**

Regular practice of TIPP skills is crucial for their effectiveness. While they are designed for emergency use, integrating them into your daily routine can build resilience and improve your overall emotional regulation capacity. Remember, these skills are a lifeline to help you through acute distress.

### **Southside DBT**

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