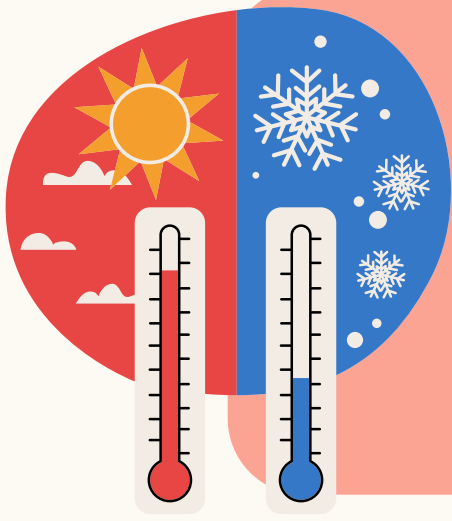


DISTRESS TOLERANCE: TIPP SKILL



If you feel a strong wave of emotions coming all over you and you don't know how to deal with it, this technique will help you.



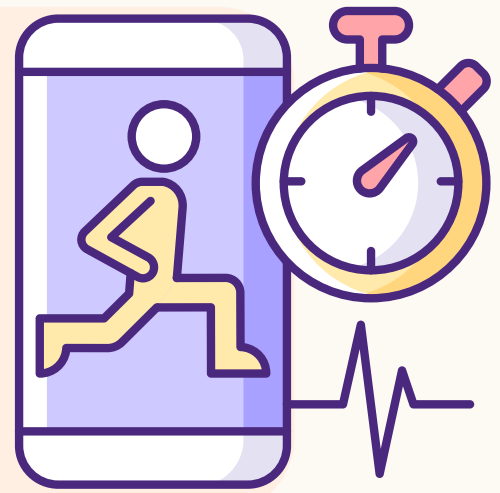
Temperature

- Change your body temperature to calm down.
- Splash cold water on your face.
- Drink non-caffeinated tea.
- Hold ice pack on your eyes and cheeks for 10-30 sec.
- Lean and dunk your face into water for 10-30 sec.

*** DO NOT use this skill without talking to your doctor if you have heart problems, or disordered eating concerns.

Intense Mobility

- Short, intensive exercise for 10-15 minutes to calm down your body when it is revved up by emotion.
- Running, jumping jacks, speed walking.
- Jumping ropes, dancing.



Paced Breathing

- Control your breathing to regulate unpleasant physical sensations (increased heart, flushed face, sweating, etc).
- Breathe in deeply through your nose (abdominal breathing) for 4 seconds and then breathe out through your mouth for 6 seconds. Do this for 1-2 minutes.

Paired Muscle Relaxation

- Start with the top of your body - become aware of your muscles and the upper back and deliberately tighten them for 5 seconds. Then let go - you should feel the region loosening up. Keep doing this with your arms, your abdominal and back muscles, your bottom muscles, thighs and upper legs and calves.

