

TIPP Skills for Distress Tolerance

When emotions are overwhelming (8/10 or higher), use TIPP skills to physically change your body chemistry and lower your arousal quickly.



TIP THE TEMPERATURE

Temperature

Splash cold water on your face or hold an ice pack. This triggers the 'Mammalian Dive Reflex' to slow your heart rate.



INTENSE ACTIVITY

Intense Exercise

Engage in 20 minutes of high-intensity activity (jumping jacks, running, dancing) to burn off stored stress energy.



PACE YOUR BREATH

Paced Breathing

Slow your breathing down. Breathe in for 4 seconds and out for 6 or 8 seconds to activate your parasympathetic nervous system.



PROGRESSIVE RELEASE

Paired Muscle Relaxation

Tense a muscle group while breathing in, then release and notice the sensation of relaxation while breathing out.



Pro Tip: Use TIPP skills as a *bridge*. They are designed to bring your arousal down just enough so you can start using other coping skills like the STOP skill or a Thought Record.