

DBT

TIPP SKILLS

HELPING TO REDUCE EXTREME EMOTIONS

TIP THE TEMPERATURE

Hold your breath for 30 seconds, and put your face in ice-cold water.
Or hold a cold pack on your eyes and cheeks.
Not possible? Use cold water from the tap.



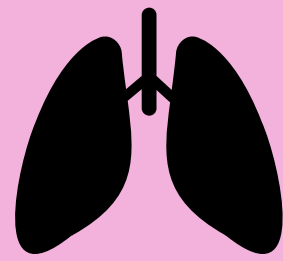
INTENSE EXERCISE

Get rid of as much energy as fast as you can.
For a short while, run (stationary), walk fast, jump, do burpees, lift weights.



PACED BREATHING

Breathe slowly and deeply, into your belly.
5 seconds in and 7 seconds out.
Do it for at least a whole minute.



PAIRED MUSCLE RELAXATION

While breathing into your belly, tense your muscles.
While breathing out, say "Relax" and let go of the tension.
Do this by muscle groups (legs, arms, back, shoulders, face)



PERSONAL PSYCHOLOGY

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