

# DEALING WITH INTENSE EMOTION

**T** Tip the temperature of your body with cold/ice water



When our emotions are overwhelmingly intense, it's difficult for our brain to process info and calm ourselves down.

**I** Intense exercise for ~20 minutes



The TIPP skill comes from DBT and it uses your body chemistry to help slow your heart rate and regulate your breathing.

**P** Paced breathing (in for 4, hold for 4, out for 4, repeat)



As the TIPP skills are a "quick fix," make sure you don't overdo it. Rather, use the skills in a pinch to help the negative emotion pass.

**P** Progressive muscle relaxation



# Tips Therapy Techniques

**D Siedentop**



## **Tips Therapy Techniques:**

Delve into the emotional tapestry woven by in Experience **Tips Therapy Techniques** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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