

T.I.P.P. SKILL: CHANGING YOUR BODY CHEMISTRY

This technique is a **DBT (Dialectical Behavioral Therapy)** method originally developed by Marsha M. Linehan. It's a skill that helps one cope with overwhelming emotions and is a practice that can aid anyone struggling with mental health experiences like self-injury. **TIPP** is an acronym for Temperature, Intense Exercise, Paced Breathing, and Progressive Muscle Relaxation. This worksheet can be used alone or as a companion to the guided practice "Coping Skill For Self-Injury" led by Michelle Moore, LMCH, CEDS-S.

A COPING SKILL TO HELP REDUCE EMOTIONS FAST.

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TEMPERATURE

Use temperature like cold water to calm down fast. Try things like:

- Splashing your face with cold water
- Taking a cold shower

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INTENSE EXERCISE

Use intense exercise to calm down your body when it is revved up by emotion. Try things like:

- Engaging in short sprints or dancing energetically
- Expending energy in your body in short spurts to help let go of stored-up physical energy

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PACED BREATHING

Use paced breathing to help slow down your rate of breathing. Try things like:

- Breathing deeply. Place your hand on your belly. Inhale and feel the breath go all the way in, and exhale feeling the breath go all the way out. Repeat as needed.
- Slowing your pace of inhaling and exhaling way down (on average: 5 to 6 breaths per minute)

P

PAIRED MUSCLE RELAXATION

Calm your emotions by pairing both muscle relaxation and breathing out. Try things like:

- Imagining both a cooked and an uncooked spaghetti noodle
- When breathing in, imagine you're the uncooked spaghetti noodle where you're tensing up.
- And as you're breathing out, imagine you're the cooked spaghetti noodle as you loosen up your muscle tension.
- Repeat as needed

This tool can be effective in bringing your mind and body back into a state of regulation. Remember, taking steps to prioritize your well-being is a powerful act of self-care.

Before Beginning: Cold water might cause your heart rate to drop quickly, while intense exercise can elevate it. If you have any heart or medical issues, take medications that lower your heart rate, use beta-blockers, have a cold allergy, or struggle with an eating disorder, make sure to chat with your healthcare provider before trying these techniques. Your well-being matters most!