

TIPP RESET: FAST DBT BODY-BASED CALMING

Find fast relief for strong emotions with this DBT skill.

A step-by-step guide for using Temperature, Intense Movement, Paced Breathing, and Paired Muscle Relaxation to rapidly lower emotional intensity.

Understanding TIP

TIPP skills are used to rapidly decrease emotional intensity by engaging the body's natural calming mechanisms. These techniques provide immediate relief, helping individuals manage overwhelming emotions and maintain emotional balance, ultimately enhancing overall well-being and resilience.

The TIP Skill: Steps and Practice

1. Temperature (Cold Water / Cooling)

Brief cold exposure can help slow your heart rate and interrupt the stress response.

Tip:

- Hold an ice pack, cold can, or cool cloth to your cheeks or forehead for 20–30 seconds.
- Run cool water over your hands and wrists for 15–20 seconds.
- If it's safe, splash cold water on your face while holding your breath.

2. Intense Movement (60–90 seconds)

Short bursts of movement help burn adrenaline and reduce internal pressure.

Tip:

- March quickly in place for 60 seconds.
- Do fast stair steps or pace for 1 minute.
- Perform 20–30 fast squats or shadow-boxing, if physically safe.

3. Paced Breathing (Slowing Your System)

Lengthening the exhale can lower emotional arousal.

Tip:

- Inhale for 4 seconds.
- Exhale for 6–8 seconds.
- Continue for 1–2 minutes.

4. Paired Muscle Relaxation

Tighten a muscle group on the in-breath, release on the out-breath.

Tip:

- Inhale and gently tense shoulders, hands, or legs.
- Exhale and release fully.
- Repeat for 3–5 cycles.

TIPP Reset (2–3 minutes)

Use this when emotions hit 7–10/10:

1. 20 seconds of cold exposure (Temperature)
2. 60 seconds of fast movement (Intense Movement)
3. 30–60 seconds of paced breathing
4. One cycle of paired muscle relaxation

Guided TIP Practice (Daily)

Daily TIPP Routine

Integrate exercises into your daily habits to enhance familiarity.

- Dedicate 5 minutes each day to practice a TIPP skill.
- Weekly, rotate among Temperature, Intense Movement, Paced Breathing, and Paired Muscle Relaxation.
- Use a journal to reflect on your experiences, tracking progress and observing shifts in emotional regulation.

Mindful TIPP Meditation

Merge TIPP skills with mindfulness practices.

- Begin with a short meditation that centers on your breath.
- Gradually incorporate a TIPP skill, such as Paired Muscle Relaxation.
- Be aware of any changes in tension or relaxation.

When to Use TIP

Incorporating the TIPP skill into your daily routine can enhance your emotional regulation and resilience. Here are some ideal moments to practice:

1. **Morning Routine:** Start your day with a clear mind by practicing TIPP skills as part of your morning routine. This sets a calm and focused tone for the day ahead.
2. **During Breaks at Work or School:** Use short breaks to practice these skills, helping to reset and manage stress levels throughout the day.
3. **Before Bed:** Engage in TIPP exercises in the evening to unwind and ease yourself into a restful sleep.
4. **In Anticipation of Stressful Events:** Prepare for challenging situations by practicing TIPP skills beforehand to bolster your emotional resilience.

By integrating these exercises into various parts of your day, you'll become more adept at deploying them effectively when you need them most.

Safety Notes

- Cold exposure may not be appropriate for heart conditions—use caution.
- Intense movement should be adjusted for injuries or mobility needs.
- Stop if you feel dizzy or faint.

Additional Resources

Guided cold reset demonstration:

- https://youtu.be/UuvH_j9O0f4?si=5kxFN-UMU6a3TUqS

Paced breathing walkthrough:

- <https://youtu.be/0GcFvZih4Kk>

If you cannot stay safe:

- Call 000 (Australia)
- Lifeline 13 11 14
- Suicide Call Back Service 1300 659 467
- 13YARN 13 92 76