

*When emotions are out of control, you can use TIPP skills to bring down the intensity. There are four TIPP skills described in dialectical behavior therapy (DBT). Using them in a crisis can calm things to the point that we can then use other coping skills. They are presented first in summary form, and then with more detail below.*

*Temperature — by changing our body temperature, we can quickly decrease the intensity of an emotion. Dip your face in cold water (not less than 50 degrees) and hold your breath. Try to hold it there for 30 to 60 seconds. (Do not attempt this TIPP skill if you have cardiac problems.) If that's not feasible for you, try an ice pack on your face around your eyes and cheeks.*

*Intense exercise — by engaging in intense cardio/aerobic exercise, we engage our physical body in a way that de-escalates intense emotions. Ideally, try to exercise for 20 minutes or more, but if that's not possible, do what you can. Exercise so that your heart rate is 70% of its capacity. You can use [this calculator](#) to compute your target heart rate.*

*Paced breathing — try to slow your breathing down to 5 or 6 breaths per minute. This means that your inbreath and outbreath put together should take 10 to 12 seconds. To help you do this, a timer or app can be very helpful. Try using the "[Paced Breathing](#)" app for android (configure this ahead of time for your desired pace of breathing) or the [Breathing App](#) for iPhone.*

*Paired muscle relaxation - practice tensing your muscles as you breathe in for 5-6 seconds. Notice that feeling. Then relax them as you breathe out, paying attention to how that feels as you do it. Notice the difference between the feeling of tension and the feeling of relaxation. Go through each muscle group in the body (list can be found below) and tense then relax each one. As you relax a muscle group, say to yourself, "relax."*