

Managing Distressing Emotions with DBT Skills

TIPP SKILLS

Self-regulate during intense emotions



TEMPERATURE

Cool down. Take a cold shower, hold ice cubes, splash your face with freezing water.



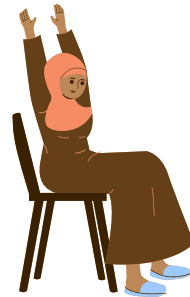
INTENSE EXERCISE

Quick bursts to raise heart rate, star jumps, sprint, vigorous dance



PACED BREATHING

Boxed breathing, or breathe in for 4, hold 4, out for 8



PMR

Progressive muscle relaxation. Focus on one muscle group at a time, tense for 3-5 seconds, release.

THE MAMMALIAN DIVE REFLEX TO REDUCE STRESS

TIP YOUR BODY TEMPERATURE

Hold an ice pack to your face



It should cover the bridge of your nose



Sit as close to the edge of a chair



Try to put your head between your knees



Try to hold your breath for 20 seconds



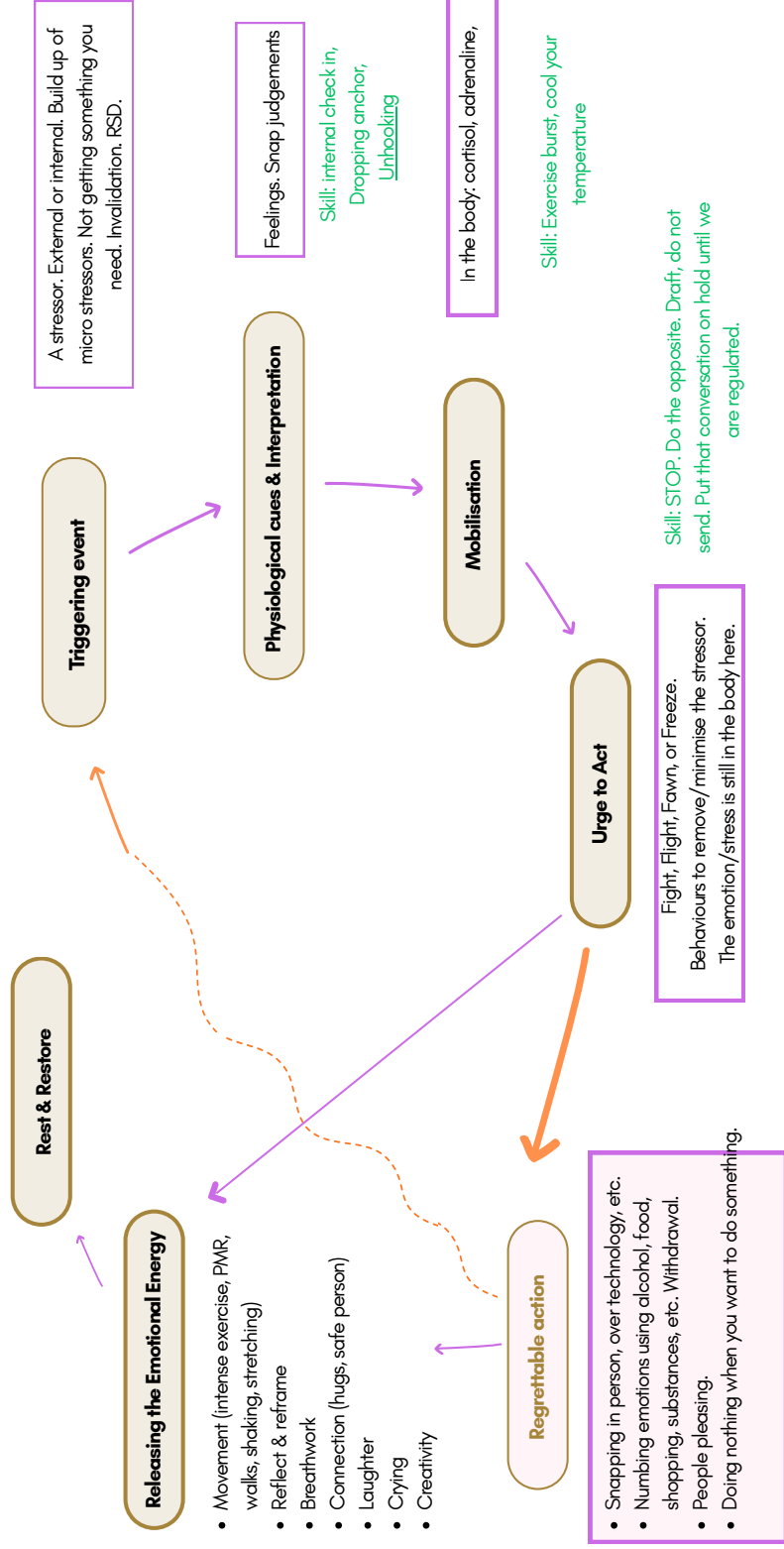
Breathe out slowly



Sit up slowly so not to get dizzy



The Intense Emotion Cycle



Problem sorter

Urgent and important

Not urgent but important

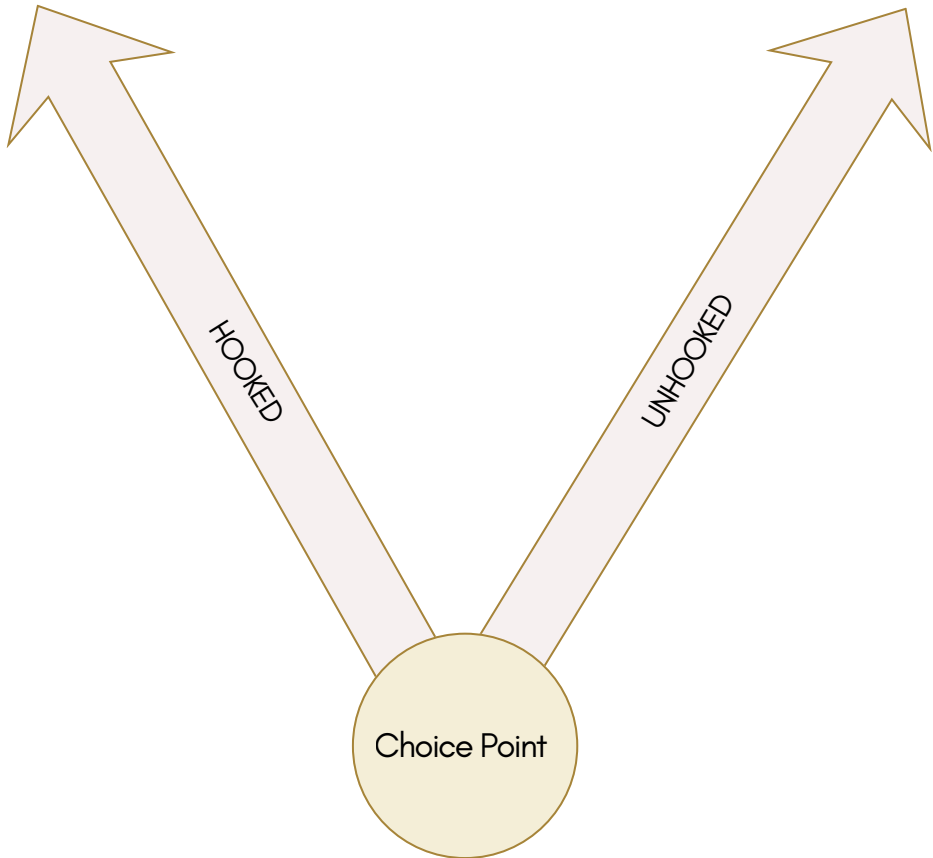
Urgent but not important

Not urgent and not important

Choose your own adventure: *The choice point*

Away Moves

Towards Moves



Situations
Thoughts & Feelings



DROPPING ANCHOR



ACKNOWLEDGE your inner experience

push your feet into the ground and identify/describe the pain

COME back into your body

notice your body, gently move it, stretch

ENGAGE with the world

ground yourself: 5 things you can see, 3 things you hear, 2 things you feel

ACKNOWLEDGE

- You can push your feet into floor, feel the ground
- Press your finger-tips together
- Acknowledge that you are feeling pain or discomfort
- Acknowledge the type of pain
 - Here's anxiety
 - Here's a painful memory



If this is difficult, describe it: Here's a sharp pain in my chest, it feels large & spiky

COME BACK INTO YOUR BODY

- Notice the thoughts and feelings are painful
- Notice that there is a body that is holding it and it's a body that you can move and control
- Straighten your back
- Notice your hands, feet, arms, legs
- Gently move them and feel them moving
- Have a good stretch
- Press your feet down and feel the floor

