

# 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

**R Sandford**



## **Tips Therapy Techniques:**

## Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Tips Therapy Techniques**

In a global inundated with displays and the cacophony of fast transmission, the profound power and emotional resonance of verbal artistry usually disappear into obscurity, eclipsed by the regular assault of sound and distractions. Yet, located within the lyrical pages of **Tips Therapy Techniques**, a captivating work of fictional splendor that impulses with natural emotions, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus instructions viewers on a mental odyssey, lightly exposing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is key styles, dissect its charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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