


DISTRESS TOLERANCE

TIPP



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TIPP SKILLS

TEMPERATURE

Changing your body temperature to assist with regulation: use cold water or ice to calm your body day and increase mindfulness

Ice Face is a great example!

INTENSE EXERCISE

Use exercise as a helpful outlet for emotions. Also increasing oxygen flow can decrease stress levels!

Do 10 jump squats or wall sits

PACED BREATHING

Deep breathing calms the nervous system and promotes healthy oxygen flow, increasing your ability to make decisions

Try 4x4 breathing or 5 Finger breathing

PROGRESSIVE MUSCLE RELAXATION

Tighten then release each muscle throughout your body allows you to feel and then relax your tension. This increases mindful awareness and promotes relaxation.

Use a guided PMR on a meditation app like Calm or youtube!

ICE FACE

Take an ice cube, ice pack or even wet washcloth

Slowly move that around your face, taking deep breaths and focusing on the feeling

Notice: what does it feel like on your skin? Does it compare to how it feels in your fingers? Are there parts that feel good? Do you notice any tension you didn't realize you had?

If any thoughts come in, let them come, bring your attention back to the ice, and then let them go

Focus your attention on the feeling of cold

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