

A thin vertical white line is positioned on the left side of the slide. In the bottom-left corner, there is a decorative pattern of several overlapping, concentric, wavy white lines.

DBT TECHNIQUE: T.I.P.P



WE ARE CHANGING THE BODY CHEMISTRY SO WE
CAN CHANGE THE THOUGHTS



T – TIP THE TEMPERATURE

I – INTENSE EXERCISE

P – PACED BREATHING

P – PAIRED MUSCLE RELAXATION



T.I.P.P

T – TIP THE TEMPERATURE

PUT YOUR FACE IN A BOWL OF ICE WATER SHORTLY OR HOLD A ZIP-LOCK BAG OF ICE TO YOUR FACE, EYES, CHEEKS AND TEMPLES.



T.I.P.P

I – INTENSE EXERCISE

LET ALL YOUR EMOTIONS OUT WHILE YOU EXERCISE (CONSULT WITH YOUR DOCTOR BEFORE YOU START EXERCISING)



T.I.P.P

P – PACED BREATHING

SLOW YOUR BREATHING DOWN. TAKE BIG DEEP BREATHERS IN THROUGH YOUR NOSE AND EXHALE FOR EVEN LONGER PERIODS THROUGH YOUR MOUTH.
TRY BREATHING IN FOR FIVE SECONDS AND THEN BREATHE OUT FOR 7 SECONDS.



T.I.P.P

P – PAIRED MUSCLE RELAXATION

WHILE BREATHING TRY TO REALIZE WHERE YOUR TENSION IS





write your reflections on this lecture:

