A PAUSE, A PRACTICE, A NEXT STEP

TIPP Skill - Gentle Options

Offer your body a softer landing.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Temperature

Try a comfortably cool cloth on your forehead. Avoid ice-water immersion, extreme cold, and breath holding.

01 / Notice and reflect

Which option feels accessible?

02 / Notice and reflect

Would grounding or company feel better?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Stop for dizziness, pain, breathlessness, or increased distress. New severe chest pain, fainting, or severe trouble breathing needs urgent medical care. Use Crisis Support if you cannot stay safe.

Read more: VA MIRECC · DBT skills and medical cautions

More tools and immediate support: Our Healing Room / Crisis Support.