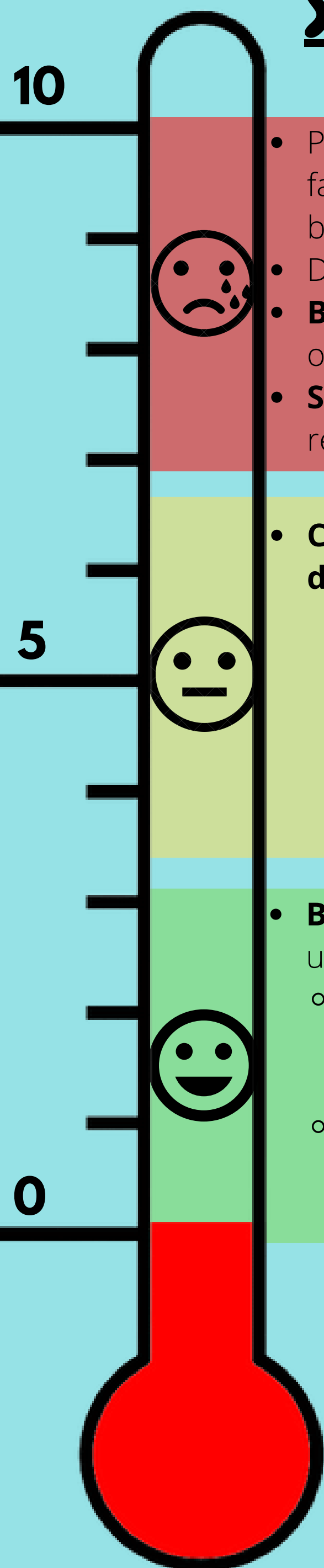


# Take your emotional temperature!

## DBT-Based Coping Skills

### Skill Suggestions



- Place a **cold compress** on face (or face in a small ice bath) & hold breath for 30 sec, repeat
- Do 20+ min of **intense exercise**
- **Breathe** in for 4 sec, hold for 4 sec, out for 6 sec. Repeat cycle for 5 min.
- **Squeeze muscles** tightly, release, & repeat

- **Change** unpleasant emotions and/or **decrease** emotional intensity by:
  1. **Identifying emotion** (i.e. sadness) & **emotion-based urge** (i.e. to isolate)
  2. **Acting opposite\*** (i.e. connecting with others)

- **Bounce back** faster from future unpleasant emotions by:
  - Treating illness, eating balanced meals, avoiding drugs, getting enough sleep, & exercising
  - Accumulating **positive experiences** every day (i.e. dancing, playing board games, etc.)

**Try to stay present and participate fully in whatever you're doing!**

\*act opposite after determining urge would not be in your best interest to act upon