



The Diving Reflex

Calm down your nervous system quickly.

What is it?

- A reflex found in all mammals
- Sends a message to the nervous system via the vagus nerve to conserve energy
- Triggered when holding our breath and submerging our face in cold water

Benefits?

Reduces symptoms of stress & anxiety:

- Heart rate decreases by 10-25%
- Breathing slows
- Increased blood flow to heart, brain, extremities

How do I use it?

1. Fill a bowl with ice and water.
2. Hold your breath and lean over the bowl.
3. Close your eyes and dip your face in the water (make sure your eyes are submerged) for 30s (or as long as you can hold your breath)
4. Notice your heart rate decline, breathing start to slow down.

Modifications

- a cold washcloth
 - an ice pack
- over your nose and eyes.