

COLD WATER

RESET YOUR NERVOUS SYSTEM

 Cold water can help your brain reset when stress, anxiety, or big emotions hit.

 It activates your body's calm response and brings you back to the present.

SMALL RESET.
BIG DIFFERENCE.

TRY THIS:

 Splash cold water on your face

 Step outside for cool air

 Run cold water over your hands

 Hold ice or a cold drink

 Take a short, cool shower

WHEN IT MAY HELP:

 When feeling overwhelmed

 During anxiety or panic

 After crying or emotional stress

 When feeling angry or overstimulated

 When thoughts feel out of control



REMEMBER:

You can't always control stress, but you can learn ways to help your body feel safer and calmer.

SMALL RESET MOMENTS CAN MAKE A BIG DIFFERENCE.

