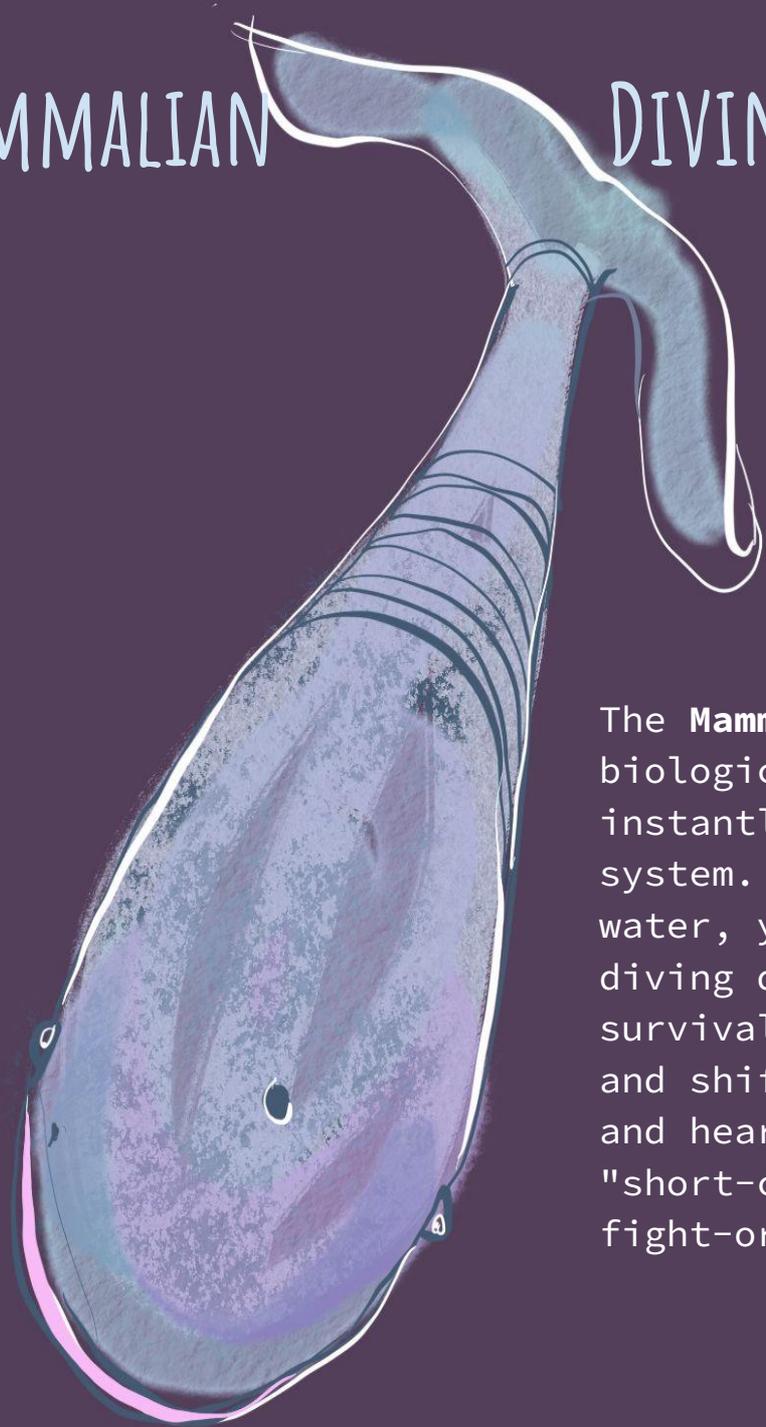


# MAMMALIAN DIVING REFLEX



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# DIVING REFLEX



The **Mammalian Dive Reflex** is a biological "reset button" that instantly calms your nervous system. When your face hits cold water, your body assumes you're diving deep and prioritizes survival. It slows your heart rate and shifts blood flow to your brain and heart, effectively "short-circuiting" the fight-or-flight response.

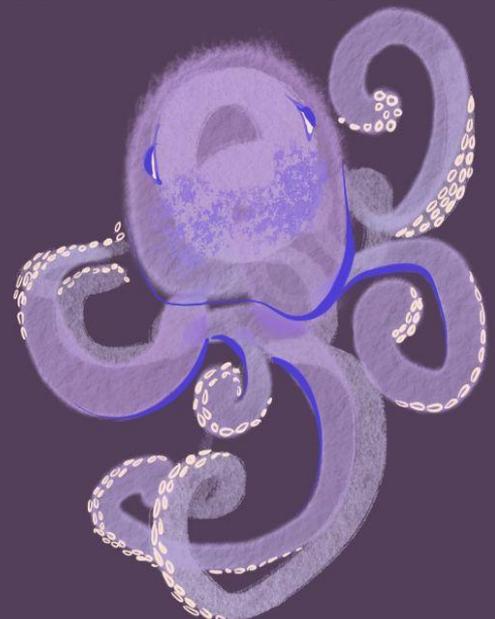
This is incredibly helpful for intense overwhelm or panic because it forces a physiological shift that your mind can't argue with—it moves you from a state of high distress to a cooler, more grounded baseline in seconds.

# HOW TO TRIGGER THE REFLEX

At Home or At School, let someone know if this works for you..

Here are three easy ways to use this tool when you feel a spike in anxiety:

- **The Classic Splash:** Fill a sink with icy cold water. Hold your breath and submerge your face (past your cheekbones) for 15 to 30 seconds.
- **The Ice Pack Hack:** If you can't get wet, place a fabric covered flexible ice pack or a cold compress over your eyes and upper cheeks while holding your breath for a few seconds.
- **The Cold Bowl:** Keep a bowl of ice water ready. Dipping your face while leaning forward mimics the "diving" motion, which often triggers a stronger vagal response than a shower.



# DEEP BREATH



## Reflect and Reset:

Check in with yourself before and after using the reflex to see how your body responds.

Before the Reset	After the Reset
Distress Level (1-10): _____	Distress Level (1-10): _____
Current Physical Sensation: (e.g., racing heart, tight chest)	Current Physical Sensation: (e.g., heavy limbs, slower breathing)