

Cold Water and Moving

Find the fast body resets that bring a feeling down when words are not working.

WHEN TO USE THIS

Use this on a calm day, so you know what to reach for on a loud one.

When a feeling is too big for words, your body is the fastest way down. Cold and hard movement work in minutes, not hours.

Tick the ones you are willing to try.

- ☐ Cold water on your face or wrists
- ☐ Hold ice or a cold can
- ☐ Step outside into cold air
- ☐ Walk fast for five minutes
- ☐ Up and down the stairs twice
- ☐ Push against a wall for 30 seconds
- ☐ Shake out your arms and legs
- ☐ A cold rinse at the end of a shower

Which one will you try first, and where in your home is it?

Try one now if you can. What changed in your body afterward?

This is not a fix. It buys you enough room to think.