

Cold Water Reset

A simple way to calm your body and mind

Exposure to cold water may seem counterintuitive for relaxation, but it offers powerful benefits. Stimulating the vagus nerve with cold can help reduce stress, calm the nervous system, and promote relaxation. With gentle and consistent practice, it can help you feel calmer, more grounded, and refreshed.

1 Cold Shower

Direct Cold Exposure

Start with short durations (10-30 seconds), then increase as you get comfortable.

- **Hot-to-Cold Method (Contrast Finish)**
Begin with a warm shower, then switch to cold for 45–60 seconds.



Breathe slowly and steadily, focus on the shift from hot to cold.

2 Ice Pack on the Neck

Hold an ice pack to the back of your neck for a few minutes.

- Notice your slowing heart rate and deeper breathing.

3 Splash Your Face and Head

Splash your face and the back of your head with cold water for 30-60 seconds.



Feel the refreshing burst of cold and calm waves.



FOUR SEASONS
— PSYCHOLOGY —

Evidence-based support in
Melbourne & via telehealth Australia-wide.