

# T.I.P.

**T**emperature: Cold water will activate your parasympathetic nervous system because of what is called the dive reflex, which is what happens when you jump in cold water. To activate this reflex, you need to apply something cold and wet to your face while you are bent over holding your breath for a few seconds.

## Ice packs to practice Temperature:

1. Hold an ice pack to your face along your cheekbones under your eyes.
2. Lean forward in your seats with your head down towards your knees
3. Hold your breath in 10 second intervals.

## Using a bowl of cold water:

1. Place a bowl of cold water on a table or counter.
2. Lower your face into the cold water up to your temples.
3. Hold your breath with your face in the water for 30 seconds or until you become uncomfortable.
4. Remove your face from the water and take a few deep breaths.

**I**ntense Exercise: Engage in 20 minutes of intense exercise which will help your body to slow down by giving your energy a new outlet.

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**P**aced breathing: By slowing down our breathing we can activate our parasympathetic nervous system and help our body relax. Naturally our heart rate increases when we inhale and decreases when we exhale. Paced breathing involves slowing breath and engaging in deep breathing where the exhale is longer than the inhale. Be sure to breathe deeply; letting your abdomen expand as you inhale.

- Inhale for 4 seconds then exhale for 6-8 seconds.

