

COLD WATER WAKE UP



Purpose: To release shock, and to both soothe and wake up the system

Use when:

- Immediately after a shocking or traumatizing incident
- Cannot get present
- Feeling overwhelmed with emotions

Common experiences:

- Wakes up the nervous system
- Brings the focus back to the Here and Now
- Feeling more balanced, relaxed, and better able to focus

Steps:

1. Splash cold water on your face several times.

Or

2. Take a cold shower, or a dip in cold water.

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