



# Regulate Emotional Intensity: Mammalian Diving Reflex

Go soak your head for an emotional reset. Seriously.



It turns out mammals have a primitive reflex designed to prevent us from drowning called the “Mammalian Diving Reflex.” When our face is submerged in cold water our bodies immediately kick in a part of our nervous system that slows everything down. If you are feeling panic or intense overwhelm or anxiety:

1. **Step 1:** Fill a bowl with ice water or turn on a cold shower.
2. **Step 2:** Submerge your face in the cold water for at least 15 seconds.
3. **Step 3:** Watch your heart rate go down. Rinse and repeat if necessary.



For more information visit:  
<http://bit.ly/BowdoinMHMoments>