Ice Reset

By Golden Moth

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Ice Reset is an exercise for when you're feeling overwhelmed and dysregulated -to reset your nervous system.

You will need;

1. **1 bowl large enough to put your face into it.**
2. **1 Towel**
3. **Ice (2 handfuls)**
4. **Water (Fill the bowl up to 1" from the top of the bowl).**
5. **Timer set for 30 sec.**

Put your towel and timer at a table you have chosen to later sit at.

Take your bowl with ice to the sink and add cold water

Take your bowl with ice and water back to the table, and sit down.

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The goal is to put your face into the ice water for 30 seconds.

1. **Set your timer for 30 seconds**
2. **Dunk your face up to your ears in the ice water**
3. **Listen for your timer or come up when you need to**
4. **Dry your face with the towel near you**
5. **Take a 30 second break**
6. **Repeat 3 times**

Tips:

- **Dump out the ice water, hang your towel to dry, and put the bowl back in a convenient place for next time.**
- **You might want to journal about how this expereince was for you, and how the Ice Reset helped you.**
- **As an alternative, I keep a gel pack in the freezer (Stored in a ziplock bag to keep it clean), and take the gel pack out, place on the back of my neck or forehead, with a thin towel as a protective barrier for my skin.**

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