

.Tipping the Temperature of your Face

This skill is helpful for when you are feeling overwhelmed by emotion. Although it is useful for all forms of distressing emotion, tipping the temperature of your face will be particularly impactful for high levels of anger. You can tip the temperature of your face in various ways: by putting your face in a bowl of ice water, using ice packs, or even by taking a cold shower. This will reduce the distressing emotions you are experiencing allowing you to respond more mindfully to a difficult situation, meet demands/complete tasks, and reduce distress overall.

ICE WATER:

- Next time you are feeling overwhelmed by intense emotion, fill a bowl of water with water and ice. Submerge your face in the cold water for 15-30 seconds.
- Submerging your face in the cold water will activate the 'dive' response, slowing down pulse rate and breathing. This is the quickest and most effective form of 'tipping the temperature of your face.'
- Do not use this skill if you are pregnant or have a heart condition, as it rapidly reduces your heart rate.

COLD PACKS:

- If you cannot submerge your face in ice water, you can also use ice packs to regulate intense emotions.
- Place ice packs (or frozen veggies) on your cheeks to elicit similar effects to the ice water.