

Using cold

You can use cold in a variety of ways to alleviate anxiety. You should have an ice bag ready in the freezer. Place the ice bag on your chest, neck or abdomen, for example.

If you have ice cubes in your freezer, you can put an ice cube in your mouth or hold ice cubes in your hands. You can also put a stone in the freezer to cool, and use the cold stone to distract you from anxiety.

You can run cold water from the tap and place your wrist under the water or splash your face with cold water. A cold shower or ice swimming will also effectively focus your mind on the present and the cold sensation and away from anxiety. In winter, you can make snowballs with your bare hands or immerse your hand in snow for a moment.

The purpose is not to freeze your skin, but to only apply cold for as long as necessary. A cool sensation in itself can calm you down. It is an effective way to break the cycle of harmful thoughts, draw attention to the sense of touch and focus on the moment.

YouTube video of using cold

https://youtu.be/2H_U1YC8DDI



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