

## FEELING AN INTENSE EMOTION AND NEED TO CALM DOWN?

Try activating your “Dive Reflex”

*\* If you have a heart condition, are taking Beta Blockers, or have an eating disorder, do NOT use this method until you speak with your doctor.*

**Purpose:** The Dive Reflex is naturally triggered when we dive into very cold water. Its function is to lower the heart rate, conserve oxygen, and redirect blood flow to the brain and heart. This can help to calm and relax us.

Simulate diving by filling a sink/bowl with ice cold water. In a pinch, you can use a cold compress (sandwich baggy filled with water). Immerse your face into the cold water and let it cover your temples. Hold your breath for as long as you can (at least 30 seconds), then come up. You can repeat a few times in order to regain your sense of calm. This only works when you immerse your entire face. It does not have an effect when putting other parts of your body into the cold water.

## FEELING ANGRY AND NEED TO CALM DOWN?

### Try a Reflection Technique

Take a few deep breaths, remove yourself from the situation/person that is triggering your anger, and ask yourself some of these questions:

- Will this still seem like a big deal to me in a week? A month? A year? Will I even remember what happened? Oftentimes the things we get upset about on a day-to-day basis are not things that matter in the long run. Why give it that much power to ruin your day today?
- If I react the way I **want** to react right now, will this help or hurt my situation? Will it help or hurt others? What might be the long-term consequences of my actions?
- Will the way I vent my anger right now damage something, or hurt me or someone else? We are rarely the only person impacted by our anger.
- How else can I vent my anger right now? What are some healthy outlets I can use to get this feeling out of my system? **Examples:** jogging, vigorous exercise, singing loudly to music, taking cans/cartons from the recycling bin and stomping on them, ripping up old newspapers/flyers, throwing squishy balls/toys at the wall without damaging it.



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