

COLD EXPOSURE (HANDS) SCRIPT

Cold Exposure (Hands) is a therapeutic practice that involves deliberately exposing your hands to cold temperatures, such as immersing them in cold water or using ice packs. This technique focuses specifically on the hands to harness the body's natural responses to cold for various health and wellness benefits.

Here are the steps of the Energy Flow® Cold Exposure (Hands) exercise:

1. Get some ice cubes and hold them tightly in your hands.
2. Feel the sensation.
3. Breathe, breathe, breathe.
4. Work through the pain.

Reflection questions:

1. How did you feel as you held the ice cubes in your hands?
2. What was your experience with the cold sensation, and did anything change as you focused on your breath?
3. How did it feel to breathe through the discomfort? Did it change your experience in any way?