

## **COLD EXPOSURE (FEET) SCRIPT**

Cold Exposure (Feet) is a therapeutic practice that involves deliberately subjecting your feet to cold temperatures, such as immersing them in cold water, using ice baths, or applying ice packs. This technique specifically targets the feet to utilise the body's natural responses to cold for various health and wellness benefits.

### **Here are the steps of the Energy Flow® Cold Exposure (Feet) exercise:**

1. Fill a basin or bucket with cold water and add a handful of ice cubes.
2. Sit comfortably and place your feet in the cold water.
3. Focus on steady, slow breaths to manage the sensation.
4. Aim for 1-3 minutes to start, increasing over time as tolerance builds.
5. Take feet out when time's up and dry them.

### **Reflection questions:**

1. How did your feet feel as they were immersed in the cold water, and did the sensation change over time?
2. What was your experience with focusing on your breath during the cold exposure?
3. After completing the exercise, how did your feet feel compared to before, and did you notice any changes in your overall sense of well-being?