





## Temperature

When in extreme distress,  
use temperature!

1. Fill a bowl with  $-50^{\circ}\text{F}$  water
2. Dunk your face in for 20 seconds. Repeat if necessary.

*\*DO NOT use this skill if you suffer from a heart disorder / low heart rate, take beta-blockers, or have a restrictive eating disorder.*



## Grounding

Mindfulness intentionally grounds us in the present moment through body sensations and thoughts.

Remember: When observing, do NOT judge anything (including your judging itself).

