



Cold Shower Therapy

Its so good for you,
but do you dare give it a go?!

What are the benefits of cold shower therapy?

- ✓ **Reduced stress levels!** Regularly taking cold showers imposes a small amount of stress on your body, which leads to a process called hardening. This means that your nervous system gradually gets used to handling moderate levels of stress. The hardening process helps you to keep a cool head, the next time you find yourself in a stressful situation.
- ✓ **Higher level of alertness!** Cold showers wake your body up, inducing a higher state of alertness. The cold also stimulates you to take deeper breaths, decreasing the level of CO2 throughout the body, helping you concentrate.
- ✓ **More robust immune response!** Scientific studies have found that taking a cold shower increases the amount of white blood cells in your body. These blood cells protect your body against diseases. Researchers believe that this process is related to an increased metabolic rate, which stimulates the immune response.
- ✓ **Increased willpower!** It takes a strong mind to endure the cold for extended periods of time. By incorporating cold showers into your daily routine, you are strengthening your willpower, which benefits many aspects of (your) daily life.

Keep these rules in mind and you'll do fine!

- 1) Turn the water temp down a little, but not so cold that it makes you shiver!
- 2) Focus on your breath!
- 3) Don't hide from the water!

Cold water therapy is the practice of using water that's around 59°F (15°C) to treat health conditions or stimulate health benefits. It's also known as cold hydrotherapy. The practice has been around for a couple of millennia!



Recommended by: *Mrs Hine-Johnson*



Don't forget to share your progress on Teams 😊