CHECKLIST

Your Cold Water Practice Starter

- [ ] Try thirty seconds of cold water at the end of your shower today
- [ ] Extend the cold phase gradually as your breathing steadies faster
- [ ] Find a local outdoor swimming spot and visit it to assess safety
- [ ] Go with a friend or group for your first outdoor swim
- [ ] Enter the water slowly and stay in only as long as your breathing stays calm
- [ ] Bring warm clothes and a flask for afterwards
- [ ] Notice how your response to stress changes over the following days