

The 20-Minute Flare-Day Rescue

Do this from bed when nothing else feels possible. It cannot stop the flare — but it can soften the next two hours, and sometimes that is enough.

THE PROTOCOL (20 MINUTES)

- 1.** 2 min **Settle and signal safety**
Lie flat or recline. Hand on chest, hand on belly.
Whisper: "I am safe right now. This will pass."
Loosen your jaw. Drop your shoulders one inch.
- 2.** 3 min **Three physiological sighs**
Inhale through the nose. Pause. Sip a second small breath in.
Long, slow exhale through the mouth — twice as long as the in-breath.
Repeat 3 times. This is the fastest known calmer of the nervous system.
- 3.** 7 min **Body softening (head to toes)**
Move attention slowly from forehead → jaw → throat → shoulders → chest → belly → hips → thighs → calves → feet. At each stop, exhale and silently say: "soften." Do not try to relax — just notice and exhale.
- 4.** 5 min **The pain dial**
Picture a dial in your mind, numbered 1 to 10. See your pain at its current number. Now imagine turning the dial down by one. Just one. Hold it there for one minute. If it slips back, turn it down again.
- 5.** 3 min **Anchor for after**
Pick one small kindness for the next hour: a warm drink, a soft blanket, a window opened an inch. Say it out loud. That is your only job today.

BONUS · 3-DAY BREATH STARTER

Practice the physiological sigh — twice a day, three days.

Day 1 — Morning + bedtime. 3 sighs each. Notice nothing; just do it.

Day 2 — Same, but add one sigh before any task you are dreading.

Day 3 — Same, plus one sigh the moment pain spikes. Track what shifts.