

# *The 10-Second Protocol*

## Our Proprietary Emotional Regulation Method

### STEP ONE

Inhale.

### STEP TWO

Squeeze your body from your toes to the crown of your head (or selectively squeeze any part you desire).

Count to 5.

### STEP THREE

Exhale while relaxing all tensed body parts.

Count to 5.

### STEP FOUR

Take 3 slow breaths while moving your body in whichever way feels good. (Roll head, stretch neck, circle hips)  
Notice if any emotions / thoughts come up as you do this.

### STEP FIVE

Repeat as many times as needed to feel your body stay relaxed (likely 2-3 times).