Information on the implementation of the Safe & Sound protocol

Your SSP cure starts! This is a special time, let's make it a wonderful experience for you. =)

The basic rule is: avoid stress! Bring the body into the most optimal state of relaxation on all levels so that the sessions can take hold. So see that all physical needs are met. Before our session, go to the toilet and ventilate the room well for fresh air. Make yourself warm and cozy for the session. See that you have silence. Turn off WiFi, cell phones and cordless phones. Avoid important appointments immediately after the session, otherwise you won't be able to really slow down and you'll be on the go inside.

**While listening, quiet and slow activities are allowed** that do not cause any noises that stimulate relaxation, that do not require a high level of thinking, but rather bring you into your body. Use and design this time for yourself! The rule is: it should be play and luxury, no duties, and the pulse should also stay calm. If you tend to have restless hands, nail biting, piddling, ..., I recommend an activity that keeps your hands busy!

**Ideas:**

- Paint toenails

- sort stamp collection

-Tinker, work with clay or wood ...

-Take a foot bath

- Coloring mandalas, coloring book, calligraphy

-Intuitive painting (no technical drawing)

- knitting, crocheting

-Puzzle

-Qigong, Yin Yoga, ... (nothing with strong muscle tension or that raises the pulse!)

-Massage

-Treat yourself with nourishing creams and oils

- or just lay down (warm blanket, pillow, roll under the knees, cuddly toys, cuddly socks, hot water bottle, tinted glasses, sleeping mask, light a candle ...)

-Cuddling with pet, partner, ... (if this is relaxing for you right now; do not have conversations)

**Eating and Drinking:**

-Nourish yourself well in SSP time. It is strenuous training for the brain, which of our organs has one of the highest metabolic rates, but also requires a lot of micronutrients. Your blood sugar should stay stable during the session.

- Make sure you have water or herbal tea ready (no caffeine or alcohol before, during and after the session for the rest of the day!)

If necessary:

-Please do not eat anything that makes noises in the head (crunching)

-Do not eat anything that is difficult to digest or that you are allergic to, otherwise this will activate your stress axis.

- Carrot juice, smoothie, coconut yogurt, warm soup, porridge ... Make sure you eat particularly slowly and carefully without distraction in order to stimulate the enteric vagus nerve in a positive way.

**Interior design:**

How can you make yourself really comfortable for your "nervous system wellness session"? What is good for you, which light, temperature, which colors, smells (natural essential oils), decoration (lava lamp, fireplace (video), plants, aquarium ...), hammock, rocking chair, cuddly toys, blanket, curtains, handkerchiefs ... What has done you good in the past? You decide. =) Make sure that your room is calm, tidy, clean, and simply pleasant and gives you a feeling of security, protection and comfort.

Yes, all of this is already part of the protocol! The SSP can only really take hold if you let go completely and get out of any defensive stance. You also have to communicate this to any roommates. Pets are allowed in the room as long as they are quiet and not distracting you. The attention should stay with yourself.

Pay attention to the music, active listening should take place so that the inner ear nerves are addressed. After each session, think about: What was your favorite piece today?

Signs of the onset of relaxation (activation of the ventral parasympathetic nervous system, myelinated vagus): need to stretch, yawn, sigh, take a deep breath, tears come to the eyes, smile (just go for it, it relieves stress and opens up for healing in deeper layers!), Feeling of security, happiness and contentment, "having arrived", feeling at home, pleasant body feeling, calm thoughts.

Should stress signals arise in you (a good sign! This means that the application is having an effect on you and your system takes the chance to detox something!) (Restlessness in the legs, tension in the jaw or shoulders, sweating, tremors, fear, anger , reluctance, annoyance, circling thoughts, things in the environment or on your body begin to bother you, itching, tingling, heat ...), you have full freedom to pause the program. Get up briefly, stretch yourself, maybe take a few steps, maybe take a quick breath of fresh air at the open window, everything quietly and slowly, usually this is enough to demonstrate to your body that you are aware of it, its reaction worthy of and care for him. Even if you notice that you are falling into a freeze, that you experience pain, muscle cramps or digestive problems, or that you are drowsy, clouded, that you no longer perceive your body or the surroundings properly, that you suddenly become very cold, that you feel very sad (Freeze- Response. This is perfectly fine and normal and an important reaction of your body to self-preservation. Nothing can happen to you). Always check that you are relaxed and that you are breathing deeply and relaxed. Don't just think about it, really get moving! Use your hands playfully and creatively as suggested on page 1.

**Do not try to be brave and disciplined, but listen to your body! As soon as it becomes an internal conflict, the SSP loses its effectiveness. So be honest with yourself, admit to yourself when you have to take a step back, breathe in and out slowly, take off your headphones and then, with a feeling of freedom and serenity, hit "play" again. It is precisely such moments of pausing and gently resolved conflict that teach your nervous system what it REALLY needs. If you know that you have a tendency to bite through too much, you should consciously take a short break every 15 minutes (at least the first two days) to have a drink, to move, to stretch and to feel inside yourself.**

**Be aware of what is happening without judging it and calmly accept it as part of the re-regulation of your system. Give your body these precious moments.**

Of course, you can also take a break if you have to go to the toilet.

The reactions are different for everyone, the music gives everyone what they need most at the moment. If nothing special happens, that's completely normal (the SSP is still doing its job!), Just enjoy the relaxed hour for yourself. When emotions, movements, sighs, yawns, etc ... come up, allow it, it is a valuable detox. Follow your impulses. Say yes to what is coming, do not block yourself against it, but let it flow through you in a liberating wave. Then it will stop quickly.

Actively listen to the music during the session. If you drift off, bring your attention back to the music so that the appropriate nerves and muscles in the inner ear and brain areas remain activated and properly exercised.

It is very possible that you are exhausted afterwards, this is normal and means that your nervous system is working well.

Women please pay attention to whether something has changed in your menstrual rhythm.

It is also possible that you feel more emotional and "thin-skinned" during the treatment week. Take special care of yourself during this time and instruct your roommates that you are currently doing this therapy and that you need consideration. Surround yourself now with people who are good for you.

During the SSP week, please avoid strong stimulation and noisy situations such as parties, concerts, visits to the cinema, conferences, long drives, fast video games, and ensure regular meals and sleep.

Write me from time to time a short e-mail summary of what you experience, describe the body sensations that you felt, if anything was unclear and if you still need a few more minutes of live coaching instructions. I am very curious and excited to see what will happen to you! Let's do everything we can to make your SSP-cure a breakthrough for you in one way or another! :-)

Remember, this is just the beginning. The "field is cultivated" in your nervous system, the positive neuroplastic changes will only really solidify in the next few weeks. This takes time, so changes can be very subtle. It is therefore important, on the one hand, that you record your observations in writing, and on the other hand, that you do everything to keep up the work up and to continue to maintain your system. Imagine you have set up a new garden, laboriously cleared weeds, used expensive fertilizers and seedlings, and now the task is to continue to give this garden adequate and constant care.

*"Whatever happens in the process of experiencing the SSP is positive.*

*There is no right or wrong. Whatever response you have is good, no matter how it feels at the time,*

*because it is your body’s response. We are honoring your body’s response, how it has responded in*

*the past to get you to this point, and how it is now responding to the ‘safe’ and ‘sound’ of SSP. We*

*are brain- and body-connected. It is a two-way communication process - we are giving encouraging*

*positive signals to the body through SSP, and responding appropriately in a nurturing way to any*

*sensations or feelings that the body is giving us. Having an attitude of celebration of whatever comes*

*up in the delivery of SSP can be the start of a whole new way of respecting, valuing and appreciating*

*your body’s responses." ~Liz Charles, MD, Integrated Listening Systems*