

# Emergency Comfort Protocol Cards

*Quick Access Relief for Any Phase*

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## UNIVERSAL SOS PROTOCOL

**For Sudden Severe Bloating (Any Phase)**

### **IMMEDIATE RELIEF (0-5 minutes):**

1. **Breathe:** 4-7-8 technique (Inhale 4, Hold 7, Exhale 8)
2. **Hydrate:** Sip warm water, ginger tea, or peppermint tea
3. **Position:** Gentle knee-to-chest stretches or child's pose
4. **Heat:** Apply heating pad or hot water bottle to lower abdomen

### **NEXT STEPS (5-15 minutes):**

1. **Move:** Slow walk around house or block
2. **Massage:** Gentle clockwise belly massage
3. **Rest:** Lie on left side with knees drawn up
4. **Support:** Text or call someone supportive

### **IF SYMPTOMS PERSIST:**

- Note what you ate/did in past 2 hours
- Consider digestive enzyme (if you use them)
- Contact healthcare provider if severe
- Don't suffer alone - ask for help

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## FOLLICULAR PHASE COMFORT

## **Days 1-7: Gentle Recovery**

### **QUICK COMFORT (5 minutes):**

- Warm lemon water + 4-7-8 breathing
- Gentle spinal stretches in bed
- Rate energy/mood on 1-5 scale
- Set one gentle intention

### **BLOATING RELIEF:**

- Slow walk (even 5 minutes helps)
- Clockwise belly massage
- Warm (not hot) herbal tea
- Rest on left side

### **WHEN TO REST:**

- Still feeling period recovery
- Energy below 3/5
- Digestion feels sensitive

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## **OVULATORY PHASE COMFORT**

### **Days 8-14: Peak Energy Management**

### **QUICK COMFORT (5 minutes):**

- Deep belly breathing (hand on chest, hand on belly)
- Warm ginger or peppermint tea
- Light movement (don't power through pain)
- 2-minute dynamic stretching

### **OVARY BLOAT RELIEF:**

- Heat pack (15-20 min maximum)
- Gentle spinal twists
- Slow walk (don't push intensity)
- Magnesium drink or supplement

## **WHEN TO REST:**

- Sharp ovarian pain during activity
  - Unusual fatigue despite peak phase
  - Digestive distress worsening with movement
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## **LUTEAL PHASE COMFORT**

### **Days 15-28: Sustainable Strength**

## **QUICK COMFORT (10 minutes):**

- Heat therapy to lower abdomen
- 4 counts in, 6 counts out breathing
- Warm chamomile or peppermint tea
- Child's pose or supported stretches

## **PMS BLOATING RELIEF:**

- Clockwise belly massage (gentle pressure)
- Warm shower or bath
- Call or text supportive person
- Watch something comforting (not stimulating)

## **WHEN TO REST:**

- Severe cramps or overwhelming emotions
- Extreme fatigue

- Stress making symptoms worse
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## **MENSTRUAL PHASE COMFORT**

### **Days 1-7: Sacred Rest**

#### **CRISIS COMFORT (15 minutes):**

- Heating pad on high for 15 minutes
- Hot ginger tea or warm water
- Fetal position or supported child's pose
- Slow, deep belly breaths

#### **PERIOD EMERGENCY:**

- Hot shower or bath (as hot as comfortable)
- Anti-inflammatory if you use them
- Very gentle movement (bathroom to bed)
- Ask for help with responsibilities

#### **WHEN TO REST:**

- Heavy flow days
  - Severe cramping
  - Extreme fatigue
  - **Remember:** Rest is medicine, not laziness
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## **RED FLAGS - SEEK IMMEDIATE HELP**

### **Call Healthcare Provider NOW:**

- Sudden severe pain (different from usual pattern)
- Heavy bleeding (soaking pad/tampon every hour)
- Fever with digestive symptoms

- Persistent nausea/vomiting
- Fainting or dizziness
- Pain preventing sleep or normal activities

### **Trust Your Instincts:**

- If something feels seriously wrong, get help
  - You know your body best
  - Don't minimize severe symptoms
  - Advocate for yourself
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## **COMFORT TOOLKIT CHECKLIST**

### **Keep These Handy:**

- ☐ Heating pad or hot water bottle
- ☐ Ginger tea bags
- ☐ Peppermint tea bags
- ☐ Chamomile tea bags
- ☐ Comfortable loose clothing
- ☐ Supportive pillow or bolster
- ☐ Phone numbers of supportive people
- ☐ List of healthcare providers

### **Digital Comfort:**

- ☐ Meditation app with pain management
  - ☐ Playlist of calming music
  - ☐ Favorite comforting videos bookmarked
  - ☐ This protocol card saved to phone
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## **COMFORT MANTRAS BY PHASE**

### **Universal:**

- "This is temporary"
- "My body is doing important work"
- "I deserve comfort"
- "It's okay to slow down"

### **Follicular:**

- "Gentle is enough today"
- "I'm building energy slowly"
- "Recovery takes time"

### **Ovulatory:**

- "I can rest even during peak energy"
- "Sharp pain means stop and care for myself"
- "My body's signals are wisdom"

### **Luteal:**

- "PMS symptoms are real and valid"
- "I don't have to earn comfort"
- "Strength includes asking for help"

### **Menstrual:**

- "Rest is productive"
- "My body is doing sacred work"
- "I honor my natural rhythms"

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## **EMERGENCY CONTACTS**

**Fill in your support network:**

**Healthcare Provider:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Supportive Friend/Family:** \_\_\_\_\_

**Pharmacy:** \_\_\_\_\_

**Crisis Text Line:** Text HOME to 741741

**National Health Hotline:** [Your country's number]

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**Remember: You don't have to suffer alone. Comfort is not selfish - it's necessary.**

**⚠ Educational purposes only. Not medical advice. | 🔒 Keep this private or share as needed**