

# SCIP Protocol™

Hi. I'm Dr. Crystal Hollenbeck and I developed this protocol (pronounced skip) as a way to nurture yourself when we are angry, anxious, or upset in any way. When you are upset, the amygdala (the emotional part of your brain that responds to situations) goes into overdrive and the frontal cortex (the logic and reasoning part of your brain) shuts down. To avoid saying and doing something out of your normal character or that you will regret, follow this protocol that only takes a few minutes to calm down the brain and nervous system and process what is happening within you.

**Calming Space:** Determine the calm space you will go to immediately when you are upset.

**Calming Essentials:** Put together Tic Tacs, essential oil, tissues, something to journal in (a paper journal or your phone), a toy Lego, and something that has meaning to you (I have a big pink plastic diamond my grandson gave me that reminds me I am loved). Keep these calming essentials in your house beside a chair, in your car, purse, office drawer, bathroom, etc. – wherever the calm space is that you determined safe to go to when you are upset.

Once you notice you are upset, immediately go to your Calming Space and...

**S**it down and take a deep breath. Breathe in your nose counting to seven, then hold your breath for the count of four, and then breathe out of your mouth counting to seven.

**C**alm down by going through your senses. Put a Tic Tac in your mouth for taste, smell the essential oil, look at color in the space you are in, close your eyes and listen to the sounds in the space you are in, and touch your clothing or the chair you are sitting in and notice how it feels. Then take a moment to reflect on what you chose that has meaning.

**I**dentify what happened and/or what is happening with you right now. Then journal what you are feeling and what is going on with you in this moment.

**P**rocess what is happening using the Lego Principle. The Lego represents both letting go and it is a building block. Ask yourself what is out of my control (what someone else thinks, feels, says, or does and the outcome of everything) and what is within my control (what I say, do, decide, etc.). What do I need to let go of and what can I do. Then go do what you can. Take a few minutes to journal your experience.