



The Big Day Protocol

For weddings, flights, church programmes, and children's parties.

You know the feeling — an invitation arrives, and before the excitement comes the quiet calculation: where's the nearest bathroom, what am I wearing, can I actually relax today. This page is for exactly that moment.

THE NIGHT BEFORE

- 1** Do your full evening routine as usual — don't skip it "to save energy" for tomorrow.
- 2** Lay out your outfit and check it against your comfort, not just the occasion. A busier pattern or darker colour can be one less thing to think about.
- 3** Pack a small discreet pouch: a spare pad, a small wipe, and a spare pair of underwear.

THE MORNING OF

- 1** Do your morning routine — 10 Quick Lifts, 5 Slow Holds — exactly as normal.
- 2** Use the bathroom shortly before leaving if you need to, so you're not starting the day with an uncomfortably full bladder.
- 3** Do a mental walk-through: where will the bathroom likely be once you arrive?

30 MINUTES BEFORE

A short warm-up, right before the moment that matters:

- 10 Quick Lifts, done quietly anywhere — the car, a bathroom stall, a quiet corner.
- Three practice rounds of Brace Before You Move: brace, then stand up from a chair.

DURING THE EVENT

- Locate the nearest bathroom in the first few minutes — then stop thinking about it.
- Before a laugh you can feel coming, lifting your child, or a movement you know usually triggers a leak, brace first.
- If a small leak happens, it isn't an emergency. You're prepared for exactly this.

A GENTLE REMINDER

This protocol manages moments — it doesn't replace the daily routine in The Reseal Method™. The more consistent you are on ordinary days, the less you'll need this page on the big ones.

*Go and enjoy the wedding. Take the photo. Dance, laugh, join in,
and let yourself be present again.*

Part of The Reseal Method™ by James E.