

Are you over reactive to small stressors?  
Is your child just one challenge away from a meltdown?  
Are you walking on eggshells to keep everyone calm?

Safe and Sound Protocol,  
a calming listening program, can help!

Remote SSP  
Facilitation

TRAINED & CERTIFIED

unyte



### What is SSP?

SSP is 5 hours of quiet, specialized music. The music is neuro-modulated to help you gain a calmer nervous system state.



### Why listen to SSP?

With the power of filtered music, the SSP promotes emotional regulation & reduces feelings of fight or flight & sound sensitivities.



### How SSP works?

SSP is founded on the neurology of the Polyvagal Theory, stimulating the vagus nerve to retune the nervous system for self-regulation, stable mood, & personal resilience.



MORE INFO HERE

Email Inquiries-

[Emily@BostonSensorySolutions.com](mailto:Emily@BostonSensorySolutions.com)



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