

CALM / PRACTICE ONE

Calm Down in 10 Minutes

A guide and journal for returning to choice

Notice what is here. Practice without force. Return with one useful next step.

A guided practice workbook by Jai Bhagat

What this guide helps you do

This is not a promise that every feeling will disappear in ten minutes. It is a repeatable way to pause, notice your state, use the guided audio safely, and return to the next important thing with more choice.

BY THE END, YOU CAN

1. Name what is happening without diagnosing yourself.
2. Decide whether this practice fits the moment.
3. Follow the audio without forcing a breath or result.
4. Compare before and after using specific observations.
5. Build and revise a one-minute return plan.

Jai says people come to him because they value how calm he can be while still delivering meaningful knowledge. In this guide, calm is not withdrawal. It is the space required to choose and deliver.

Your evidence: a completed practice record, a return plan, one rehearsal in real life, and one revision based on what happened.

Safety comes before completion

IMPORTANT

Practice seated or lying down in a safe place. Never practice while driving, in water, near heights, or while operating equipment. The audio includes breath holds. You may skip every hold and breathe normally. Stop if you feel faint, numb, panicked, in pain, or unwell.

Ask a qualified clinician before breathwork if you are pregnant or have a cardiovascular, cerebrovascular, respiratory, seizure, or other condition that could make breath manipulation unsafe. This guide is educational and is not medical or mental-health treatment.

Today I will:

- ☐ Practice in a physically safe place.
- ☐ Let my breath stay comfortable; effort is not the goal.
- ☐ Skip holds or instructions that do not fit me.
- ☐ Stop and return to ordinary breathing if I feel unwell.

My stop rule, in my words:

Calm is a capability

A useful practice does not require a perfect emotional result. It gives you a moment in which you can notice, choose, and return.

Step	What you do	What counts as evidence
Notice	Name body, attention, and energy signs.	Specific observations, not a label.
Choose	Decide whether to practice, rest, move, or seek support.	A reason that fits the moment.
Practice	Use the audio safely; adapt as needed.	You followed your stop rule.
Return	Begin one useful next action.	The action is concrete and small enough to start.
Review	Record what changed and what did not.	One adjustment for next time.

NON-EXAMPLE

“My number went up, so the audio fixed my nervous system.” A rating is a personal observation, not proof of cause or a medical measurement.

Take a state snapshot

Circle a number, then describe what you can actually observe. A low or high number is not good or bad. It helps you choose.

How settled do I feel right now? 1 = very unsettled, 5 = very settled

1 ■	2 ■	3 ■	4 ■	5 ■
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Body: What sensations can I name without interpreting them?

Attention: Narrow, scattered, steady, looping, or something else?

Energy: Depleted, quiet, charged, restless, steady, or something else?

The next important thing is:

Choose before you practice

Calm is one option. The best choice is the one that fits your state, safety, and next demand.

If you notice	Consider	Reason
Tension or mental looping; physically safe	Calm audio or ordinary slow breathing	Create space before action.
Dizziness, pain, faintness, or unusual symptoms	Stop; ordinary breathing; appropriate support	Safety overrides completion.
Severe exhaustion	Rest, food, water, medical care as appropriate	Do not use practice to override a basic need.
Low energy with a clear task and safe conditions	Energize or brief movement	The needed state may be activation, not calming.

My choice today:

- ☐ Use the Calm audio.
- ☐ Use ordinary breathing instead.
- ☐ Rest or meet a basic need.
- ☐ Seek support.
- ☐ Choose something else: _____

Why this fits the moment:

Set up the practice

Audio: Bliss Breath Guided, approximately 11 minutes. The “10 minutes” in the title is a practical promise of a short reset, not an exact stopwatch claim.

- Put the phone on Do Not Disturb.
- Sit or lie down somewhere safe.
- Choose ordinary breathing as the default adaptation.
- Keep water nearby if useful.
- Name one thing you will return to afterward.

PERMISSION

You do not have to keep pace with the guide. You do not have to hold your breath. You do not have to finish. Calm practiced with force has lost the point.

After the practice I will return to:

The smallest visible first step is:

Practice one: record what happened

Date/time: _____ Place: _____

Before - settled (1-5): _____ After - settled (1-5): _____

I adapted by: ☐ breathing normally ☐ skipping holds ☐ stopping early ☐ no adaptation

What changed? Use observations: breath, jaw, shoulders, pace of thought, attention, willingness to begin.

What did not change?

What else may have influenced this? Place, sleep, interruption, expectations, food, timing, or another factor.

The next action I began:

Interpret without forcing a story

Pattern	Possible reading	Useful response
More settled	The practice or conditions may have supported a shift.	Record the conditions; test again.
No obvious change	A neutral result is still information.	Keep the action small; adjust time or place.
Less settled	The practice, context, or breath manipulation may not fit.	Stop forcing; use ordinary breathing; seek support if needed.
Calmer but foggy	Less activation may not match the next task.	Rest or use the Energize decision tool later.

RULE

A score is a description of this moment. It is not a grade, diagnosis, or proof that one method caused the change.

The most useful evidence from this attempt is:

Build your one-minute return plan

Use an observable trigger. “When I am stressed” is vague. “When I reread the same message three times and stop typing” can be noticed in real time.

Field	Your plan
When I notice...	
I will immediately...	
I will not...	
Recovery means I can...	
My first action will be...	

WORKED EXAMPLE

When I notice: I have reread the message three times and my jaw is tight.

I will: put both feet down and take three comfortable breaths.

I will not: send while rushing.

Recovery means: I can name the one point I need to communicate.

First action: write that one sentence.

Rehearse in a low-stakes moment

Do not wait for the hardest moment. Test the return plan where a mistake is inexpensive: before a routine message, a small meeting, or ten minutes of focused work.

Situation I will use:

The observable cue:

What I did:

Could I begin the next action? ☐ yes ☐ partly ☐ no

What fit?

What needs to be smaller, clearer, earlier, or safer?

Seven-day field journal

Use the plan once a day or when the cue appears. Missing a day is data, not failure.

Day	Cue / context	Choice	Next action begun?	One note
1			Y / N	
2			Y / N	
3			Y / N	
4			Y / N	
5			Y / N	
6			Y / N	
7			Y / N	

What pattern can I support with evidence?

Revise the plan

A ritual earns trust by fitting real life. Revise one part at a time so you can learn from the change.

Keep: What was specific, safe, and easy enough to do?

Change: Which cue, step, place, or timing needs adjustment?

Remove: What added pressure without helping action?

My revised one-minute return plan:

Choose in unfamiliar situations

For each situation, choose Calm, Energize, ordinary breathing or rest, or outside support. Explain why.

1. You are tense before a difficult conversation and physically safe.

2. You feel faint during a breath hold.

3. You are calm but too sleepy to start a creative task.

4. You have intense distress that is not easing and you cannot function safely.

CHECK

A strong answer matches the response to the need, names safety first, and does not treat finishing an audio track as the goal.

Personal practice card

My observable cue:

My safest useful response:

What I will not do:

Recovery means:

My first action:

Person or support I can contact:

"I'm not trying to do things at 1.5 speed." - Jai

What you can do now

- ☐ I can describe my state with observable signs.
- ☐ I can choose whether Calm fits this moment.
- ☐ I can adapt or stop the audio without treating that as failure.
- ☐ I can compare before and after without making a medical claim.
- ☐ I can use a one-minute return plan.
- ☐ I can revise that plan from real evidence.

The capability I trust most:

The capability I will rehearse again:

The next real moment in which I will use this:

NEXT

When you can return to choice, continue to Energize. Its aim is not more intensity. It is learning how to direct energy into a chosen action and build rituals that survive real life.

Facilitator and personal review

Evidence	Beginning	Usable	Transfer-ready
State noticing	Uses only a broad label	Names specific signs	Names signs and chooses from them
Safety	Treats completion as required	Uses stop rule	Adapts independently and explains why
Reflection	Declares success/failure	Separates observations from claims	Tests an adjustment
Return plan	Vague cue or action	All fields are observable	Plan works in a new context

Evidence reviewed: _____

One feedback note:

Next rehearsal date: _____

Sources and boundaries

Jai source material: Business Calculus livestreams (Aug. 15-16, 2026); AI workshop livestreams (Aug. 13, 2026); Anti-Brainrot livestream (Aug. 6, 2026); Calm Under Pressure course materials and ritual templates. Jai's language about calm, grounding, timing, imagination, teaching, and observability shapes the learning model.

Audio: "Bliss Breath Guided" by Niraj Naik / SOMA Breath, approximately 11:12. Jai licenses SOMA music and programming. The audio remains the practice; this workbook provides preparation, reflection, and transfer.

Research context: Balban et al. (2023), *Cell Reports Medicine*, "Brief structured respiration practices enhance mood and reduce physiological arousal." Fincham et al. (2023), *Scientific Reports*, "Effect of breathwork on stress and mental health: A meta-analysis of randomised-controlled trials." Bentley et al. (2024), safety procedures for high-ventilation breathwork with retention. Parkes et al. (2014), physiological risks of prolonged breath holding.

Research on breath practices is developing and does not establish that this specific recording will create the same result for every person. Personal ratings in this journal are learning evidence, not clinical measurements.

Web companion: soma.chaiwithjai.com/calm/

Keep this journal private unless you choose to share it.