

Bloating Relief SOS Card™

When your stomach feels tight, full or uncomfortable, begin with a few gentle steps.



Pause.

Loosen anything tight around your waist and give your body a little room.



1 Change Your Position

Sit upright or stand. Avoid curling forward or lying flat immediately after eating.

Try: relax your shoulders and gently lengthen your torso.



2 Move Gently

A slow walk may help trapped gas move and ease the feeling of pressure.

Try: walk comfortably for 5 to 10 minutes.



3 Add Warmth

A warm compress may help tense abdominal muscles feel more comfortable.

Try: use gentle warmth, never hot enough to burn.



4 Sip, Do Not Gulp

Sip warm water or a caffeine-free tea if it feels soothing.

Try: peppermint or ginger tea if appropriate for you.



For the Rest of Today

- ☐ Choose smaller, simpler meals.
- ☐ Eat slowly and chew thoroughly.
- ☐ Skip fizzy drinks and chewing gum.
- ☐ Notice constipation, stress or a recent food change.



Avoid Right Now

Do not force deep stretches, take several new remedies at once or keep eating when you feel overly full.



Martine's Midlife Wellness Tip

When bloating settles, jot down the timing, meal and circumstances. The pattern may be more useful than the episode itself.



Get Medical Help

Seek prompt care for severe or worsening pain, repeated vomiting, fever, blood or black stools, inability to pass gas, faintness or a rapidly enlarging abdomen.