STRESS ALLEVIATION & INTERVENTION techniques

Relaxing the muscular system
Shock, stress or trauma, tends to tighten the muscles especially in the stomach, neck, lower back, shoulders and jaw. This can cause pain and often high blood pressure.

**STEP 1**
Take a deep breath and tighten all of your muscles. Squint your eyes, tighten your fists, shoulders, chest stomach, etc. for a very short time.

**STEP 2**
Now take a deep breath and tighten. Hold it for a very slow count of 5.

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STEP 3
Let the breath out and completely relax. Loosen all of the body parts that were tensed and make an "haaa" sound on the exhale to loosen the throat.

HAAAAA

Repeat five times, and do this 3-5 times per day.