STRESS ALLEVIATION & INTERVENTION techniques

Relaxing the respiratory system

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Trauma and stress usually bring on hyperventilation and shallow breaths resulting in anxiety, less energy, high blood pressure and heart rate.

**STEP 1**
Sit in a relaxed position, and lie flat if possible. Listen to the sound your breath makes on the inhalation and exhalation.

**STEP 2**
Allow the sounds and your breath to become longer. Continue to stay relaxed and take gentle breaths.
STEP 3
Relax and continue to listen to the sound, allowing the sound to get longer and the breath to get deeper.

STEP 4
Do this for a minimum of 2-3 minutes, four or more times a day.

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