

# STRESS ALLEVIATION & INTERVENTION *techniques*

*Relaxing the nervous system*



[sathyasai.org](http://sathyasai.org)

*Stressful experiences prevent you from relaxing and contributes to high BP and affects sleep, leaving one anxious, nervous, drained and depressed. Gentle use of this exercise helps relax the nervous system.*

## STEP 1

*Close your right nostril with your right thumb and gently exhale all the air out through your left nostril.*



## STEP 2

*Keeping your right nostril closed, inhale easily through the left nostril.*

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### STEP 3

*Close the left nostril with your right ring finger.*

### STEP 4

*Exhale gently out of your right nostril.*



### STEP 5

*Gently inhale through your right nostril.*

### STEP 6

*Repeat these steps for 2-3 minutes, 3 times or more each day.*