

STRESS ALLEVIATION & INTERVENTION *techniques*

Relaxing the muscular system



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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.



*1... 2... 3...
4... 5...*

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.

— HAAAA

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

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