

# STRESS ALLEVIATION & INTERVENTION techniques

*Relaxing the respiratory system*

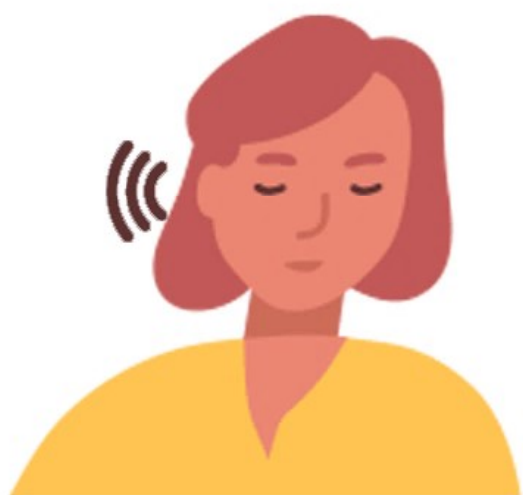


[sathyasai.org](http://sathyasai.org)

*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.*