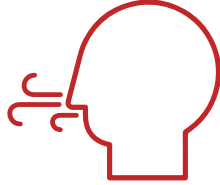




Alternate nostril breathing

With your right hand, lightly anchor your pointer and middle finger between your eyebrows.



Close your right nostril with your right thumb and inhale through the left nostril slowly and steadily.

Close the left nostril with your ring finger so both nostrils are held closed. Pause briefly, holding your breath.

Open your right nostril and slowly release the breath through that side. Pause after you exhale.

Slowly inhale through the right side.

Hold both nostrils closed (with ring finger and thumb). Pause briefly, holding your breath.

Open your left nostril and release the breath slowly through the left side. Pause after you exhale.

Repeat for 5–10 cycles, allowing your mind to follow your inhales and exhales. Try to match the length of your inhales, pauses and exhales (e.g., inhale for a count of five, hold for five, exhale for five, hold for five).

Simple stretch

Simple stretches help to reactivate the mind and body. Stand upright and raise your arms above your head, stretching as far as you can. Hold the stretch as you hold your breath, and then, as you exhale, loosely bend forward as if touching your toes and let go of the tension. Hang in this position for a few seconds and then slowly return to a standing position. Repeat a few times.



Shoulder shrug

Inhale, clench your hands, and tighten your shoulder and neck muscles. Try to touch your shoulders to your ears. Hold the tension as you hold your breath. As you exhale, imagine all the tension melting and let go. Repeat this three or four times.



Feet flex

Sit down with legs outstretched. Inhale and flex your toes toward your body. Hold the tension in your legs and feet as you hold your breath. As you exhale, let the tension go and feel the relaxation spread.



Tired eye massage



When you feel muscle strain behind the eyes, place either the pads of your fingers or the heels of your hands over both eyes and gently press for a few moments as you inhale and exhale deeply and slowly. Do this for about a minute and then gently open your eyes to the world again.

Face splash

Splashing some cold water on your face can help to clear and stimulate a tired mind.



Music

Listening to music can have a positive effect on our body and stimulate us. When the cacophony of a busy room becomes draining, find a quiet place for a few moments, put in some earbuds and try playing some music or a guided relaxation track.

