

Alternate Nostril Breathing: This technique is used for natural stress reduction. It only takes a minute or two, can be done anytime and anywhere, and costs nothing. Research has shown that these types of activities change our brain patterns, increasing activity in the parts of the brain that promote relaxation, and reducing activity in the regions associated with stress.

1. Sit in a comfortable position
2. Blow your nose to make sure that your passages are clear
3. Bring your thumb to the right side of your nose and your ring or pointer finger to the left side.
4. Close your eyes or softly gaze downward. Inhale and exhale once to prepare.
5. Close off your right nostril with your thumb.
6. Inhale through your left nostril.
7. Close off your left nostril with your ring finger.
8. Open and exhale through your right nostril.
9. Inhale through your right nostril.
10. Close off your right nostril with your thumb.
11. Open and exhale through your left nostril.
12. You have now completed one round.
13. At first, you might only make it through a few rounds. Try to work up to 10 rounds. You can also take a break and then resume the exercise.