

Anxiety and Stress Relief

Calming Yoga Poses for Stress Relief



Big Toe Pose

Bound Angle Pose



Bow Pose

Bridge Pose



Camel Pose

Cat Pose



Cow Pose (Bitilasana)



Channel Cleaning Breath



Easy Pose



Extended Puppy Pose



Extended Triangle Pose



Fish Pose



Half Moon Pose



Head-to-Knee Forward Bend



Legs-Up-the-Wall Pose



Revolved Head-to-Knee Pose

4 Mantras for Stress Relief

Stress-Relief Mantra #1: With every breath, I feel myself relaxing.

How and when to recite this mantra: State the mantra in your mind as you inhale, and then once the mantra is complete, exhale. For added benefits, as you exhale, visualize any tension you have melting away with the breath. Repeat this three times.

How this mantra can help you: Your breath is an extremely powerful tool that can instantly evoke feelings of relaxation. This mantra is perfect to use when you need to release pent-up tension. You can use it while [meditating](#) or even when doing your daily chores. Even though stress is something you feel on an emotional level, it can impact your body as well. Over time, stress and tension can build up in your shoulders, neck, and stomach and make you feel as if you are tied in knots. When you feel tense, it reflects in your attitude and can make it very difficult to let go, relax, and surrender to the flow of life.

This mantra will help to relieve any physical or emotional tension you may be feeling as a result of extreme stress, and it can also help you to get “out of your mind.” What does that mean? Very often it is your overactive mind or thoughts that make you [feel stressed and anxious](#), but by focusing on the words and on your breath as you chant this mantra, you can give your mind a much-needed rest.

Stress-Relief Mantra #2: I have control over how I feel, and I choose to feel at peace.

How and when to recite this mantra: For best results, place your hand over your heart as you recite these words three times out loud or to yourself. This will help to instill peace in your heart and your body.

How this mantra can help you: This mantra is very powerful and helps to remind you that you may not be in control of everything in life, but that you are in control of how you feel. In fact, the only thing that you really have control over is how you respond to the situations that come your way. Your thoughts are often responsible for dictating how you feel, and if you learn to manage your thoughts, in turn you can also learn to [manage](#)

your feelings. You can manage your thoughts by allowing yourself to recognize them, then encouraging yourself to let go of them. Experiencing and then releasing your thoughts is a healthy way of processing what you're going through without getting stuck.

While expressing your feelings is important, this mantra also allows you to feel in control and calm and balanced when your emotions start to feel out of control. We all go through times in our lives when stress or anxiety can get the better of us, but this mantra reminds us to operate from a place of peace instead. This mantra is also perfect to use when you are feeling overwhelmed emotionally and are unsure of how to deal with whatever life has thrown your way. If you are still struggling with uncontrollable emotions, physical exercise can be a great way to let off excess steam. Simply taking a brisk walk in nature can be extremely therapeutic.

Stress-Relief Mantra #3: All experiences are helping me grow.

How and when to recite this mantra: Recite this mantra four times either out loud or quietly to yourself as often as needed.

How this mantra can help you: This mantra is perfect to use when you are searching for answers to challenges that have come your way. Life is a journey of growth, and by acknowledging this, you can see the higher purpose in everything that happens. It may not always be easy to see exactly how you'll grow from a particular situation, but understanding that all experiences are contributing to your growth and development can be reassuring and can help you tackle things from a place of curiosity rather than despair.

Viewing all experiences as opportunities to grow allows you to focus on the bigger picture and helps you avoid getting caught up in all the details. You'll be able to take a step back and not put so much pressure on yourself to have everything figured out. You are here to learn, and part of that process requires you to go through experiences that are indeed challenging and confusing—but also ultimately joyful. The more you can approach life as a learning experience that you simply cannot fail at, the freer you will feel to explore things with a sense of adventure.

Stress-Relief Mantra #4: I give myself permission to let go of what no longer serves me.

How and when to recite this mantra: Recite this mantra five times either out loud or quietly to yourself. For added benefits, you can also write down a list of things that you need to release from your life.

How this mantra can help you: How much old and worn-out baggage are you carrying around? It's a good idea to check in with all areas of your life so that you can make an inventory of what needs to go and what can stay. Simply stating your intention to release things that no longer serve you (as you do when you say this mantra) can set the wheels in motion. Take a few minutes to identify what's holding you back and

weighing you down. Life is a continuous process of letting go of old things and welcoming in new things. When you release the old and worn out from your life, you provide space for a brighter beginning. Saying this mantra gives you permission to let go of things, people, and situations that are no longer serving your highest good so you can make room for new and better things.

Here are 5 Affirmations for Anxiety

1. At this moment, I choose to release the past and look forward to the good that awaits me.
2. With each new breath, I inhale strength and exhale fear. I am learning that it is safe for me to heal and grow.
3. At this moment, I choose to feel calm and peaceful. Everything is unfolding as it should.
 4. I choose to fill my mind with positive, nurturing, and healing thoughts.
 5. There are no mistakes, only lessons to be learned. I did the best I could.

5 Mudras for Stress Relief



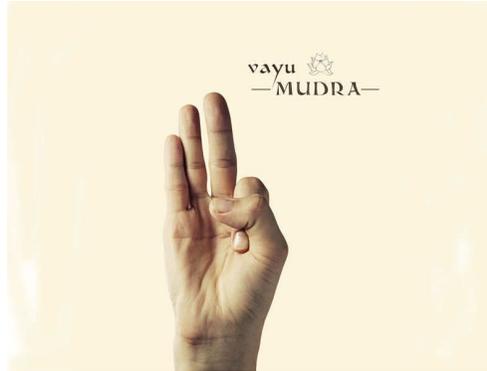
1. GYAN MUDRA: This is the most common mudra and is believed to help increase one's concentration, knowledge and memory. You can be sitting, standing or lying down to do this. However, you must make sure that your back is straight. To do this, you need to touch the tip of your thumb to the tip of your index finger while the other fingers are stretched out but relaxed. While doing so, focus on your breath.



2. PRANA MUDRA: This mudra is about prana, that is life. It concentrates on one's energy and boosts their immunity. It can help improve the health of eyes and help with fatigue and insomnia. To do this, touch the tip of your thumb with the tips of your ring finger and little finger while you stretch out the other two fingers. This mudra must not be done while lying down.



3. PRITHVI MUDRA: This mudra helps you connect with prithvi, that is the earth. It helps one with achieving a balanced and fulfilling life by strengthening his body, reducing fatigue and keeping one grounded and free from irrational thought. To do this, touch the tip of your thumb with the tip of your ring finger while keeping the other fingers extended. This mudra, like prana mudra, must not be done while lying down.



4. VAYU MUDRA: This mudra helps regulate air inside your body. It is very helpful in relieving pain and painful joints. It is extremely helpful for people suffering from arthritis, gout, rheumatism and cervical spondylitis. It can even help relieve pain for polio and Parkinson's patients. This can be the mudra which helps you perform other asanas as well if you suffer from bodily pains as the mudra will alleviate them. To do this, roll your index finger towards your thumb so that its tip touches the mound of your thumb. The other three fingers should be stretched out.



5. SURYA MUDRA: Also known as Agni Mudra, this one helps regulate the amount of heat in your body. This mudra helps in boosting the metabolism of your body, leading to weight loss, helping in obesity, improving eyesight, relieving constipation, indigestion, common cold and other metabolism-related problems. To do this, fold your ring favour so that its tip touches the base of your thumb. Gently apply pressure with the thumb on the second phalanx of the ring finger. The other fingers should be stretched out. Avoid this mudra if you are feeling tired and fatigued.

Breathing Techniques for Anxiety and Stress Relief

1. Sama Vritti or “Equal Breathing”



How it's done: Balance can do a body good, beginning with the breath. To start, inhale for a count of four, then exhale for a count of four (all through the nose, which adds a natural resistance to the breath). Got the basic pranayama down? More advanced yogis can aim for six to eight counts per breath with the same goal in mind: Calm the nervous system, increase focus, and reduce stress. When it works best: Anytime, anyplace—but this is one technique that's especially effective before bed. “Similar to counting sheep, if you're having trouble falling asleep, this breath can help take your mind off the racing thoughts, or whatever might be distracting you,”

Level of difficulty: Beginner

2. Abdominal Breathing Technique



How it's done: With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal: Six to 10 deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure. Keep at it for six to eight weeks, and those benefits might stick around even longer. When it works best: Before an exam or any stressful event. But keep in mind, "Those who operate in a stressed state all the time might be a little shocked how hard it is to control the breath." To help train the breath, consider biofeedback tools such as McConnell's Breathe Strong app, which can help users pace their breathing wherever they are. Level of difficulty: Beginner

3. Progressive Relaxation



How it's done: To nix tension from head to toe, close the eyes and focus on tensing and relaxing each muscle group for two to three seconds each. Start with the feet and toes, then move up to the knees, thighs, glutes, chest, arms, hands, neck, jaw, and eyes—all while maintaining deep, slow breaths. Having trouble staying on track? Anxiety and panic specialist Dr. Patricia Farrell suggests we breathe in through the nose, hold for a count of five while the muscles tense, then breathe out through the mouth on release. When it works best: At home, at a desk, or even on the road. One word of caution: Dizziness is never the goal. If holding the breath ever feels uncomfortable, tone it down to just a few seconds. Level of difficulty: Beginner

4. Nadi Shodhana or “Alternate Nostril Breathing”



How it’s done: A yogi’s best friend, this breath is said to bring calm, balance, and unite the right and left sides of the brain. Starting in a comfortable meditative pose, hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril. Continue the pattern, inhaling through the right nostril, closing it off with the right thumb, and exhaling through the left nostril. When it works best: Crunch time, or whenever it’s time to focus or energize. Just don’t try this one before bed: Nadi shodhana is said to “clear the channels” and make people feel more awake. “It’s almost like a cup of coffee,” Level of difficulty: Intermediate

5. Guided Visualization



How it’s done: Head straight for your happy place, no questions asked. With a coach, therapist, or helpful recording as your guide, breathe deeply while focusing on pleasant, positive images to replace any negative thoughts. Psychologist Dr. Ellen Langer explains that while it’s just one means of achieving mindfulness, “Guided visualization helps puts you in the place you want to be, rather than letting your mind go to the internal dialogue that is stressful.” When it works best: Pretty much any place you can safely close your eyes and let go (e.g. not at the wheel of a car). Level of difficulty: Intermediate.

6. Kapalabhati or “Skull Shining Breath”



KAPALBHATI PRANAYAMA SKULL SHINING BREATH



How it's done: Ready to brighten up your day from the inside out? This one begins with a long, slow inhale, followed by a quick, powerful exhale generated from the lower belly. Once comfortable with the contraction, up the pace to one inhale-exhale (all through the nose) every one to two seconds, for a total of 10 breaths. When it works best: When it's time to wake up or start looking on the bright side. “It's pretty abdominal-intensive,” “but it will warm up the body, shake off stale energy, and wake up the brain.” If alternate nostril breathing is like coffee, consider this a shot of espresso, she says. Level of difficulty: Advanced

While stress, frustration, and other daily setbacks will always be there, the good news is, so will our breath.