Exam De-stress

Relaxation

Stress relief
The body holds in the form of muscle contraction, or tension. Whether the source is emotional, intellectual, or physical, the result is the same. Stress is linked to many health problems, and learning to release tension is a valuable practice. In this leaflet you will find more information on breathing and relaxation methods: these could be done at night/morning before an exam or during revision to help you feel de-stressed and refreshed.

Alternative nostril

• Sit in a position that gives you a straight back and a position that you can maintain
• Rest back of left hand on top of left knee
• Bend right arm, keeping elbow at shoulder height
• Place the tip of the index finger & middle finger of the right hand in between the eyebrows, the ring finger and the little finger on the left nostril, and the thumb on the right nostril
• Press your thumb down on the right nostril and breathe out gently through the left nostril
• Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril and exhale from the left
• Breathe in from the right nostril and exhale from the left
• Complete 9 such rounds by alternately breathing through both nostrils. After every exhalation, remember to breathe in from the same nostril from which you exhaled. Keep your eyes closed throughout and continue taking long, deep, smooth breaths without any force or effort.
Legs up the wall

- Sit sideways with your hips against the wall then roll onto your back
- Extend your legs up the wall. Should be pressing as close to the wall as you can
- Spend 5-30 minutes here

What is happening in the pose
- Your femur bones are dropping into your hip sockets relaxing your psoas
- Blood is draining out of your tired feet & legs
- Your nervous system is getting a signal to slow down

(this pose is sometimes advised to avoid during menstruation)

Savasana - corpse pose

How to:
- Lie on floor with legs extended, arms by your side on the floor, palms facing ceiling, feet wider than hip distance apart and allow feet to flop to the side
- Unclench teeth & separate lips slightly, detach tongue from roof of mouth
- Close eyes & imagine eyeballs sinking to the base of the skull
- Bring your attention to you breath, inhaling & exhaling through nostrils
- Lie here for 5-10 minutes