

30-Second Stress Releaser Program

www.phobia-fear-release.com

This half-a-minute stress buster exercise is a rather easy technique to follow. It requires you to simply bring about some eye-movements – like changing the position of the eyeball and batting the eyelid instead of simply keeping them wide-open and constantly focused.

Eye-movements that reduce your stress by arousing the brain functions and processes controlling your memory, emotion and belief. Like most other de-stressing techniques, ‘deep-breathing’ also forms a vital part of the 30-second Stress Releaser Program.

Thus, whenever you are under any stressful condition or have something to bother about in life, get on with the following exercise sequence while associating with the problem either by active thinking or by articulating it aloud:

1. Think of the problem that is weighing you down.
2. Now, take a deep breath and exhale all at once.
3. Next, look up as high as possible and breath deeply in and out.
4. In the following step, look to the left as far as your eye can travel and carry on with the breathing program.
5. Likewise, look to the right and deeply breathe in and out.
6. Follow this up with looking down – as far as you can – deeply breathe in and out.
7. Blink hard thrice and breathe deeply – filling your lungs with fresh air (oxygen) and exhaling all at once.

This completes the 30-second stress buster curriculum.

If you feel the need of further de-stressing you may repeat the steps; otherwise, concentrate on another distressful situation and start with the exercise regimen afresh.