Naam Yoga Techniques to Relieve STRESS & ANXIETY

Notice it, Name it & Move it:

3 simple steps to begin noticing the imbalances in 6 areas of life so you can begin the self-care process:

- **Notice It**

To treat toxic stress and trauma, we must first notice and acknowledge it is occurring. Checking in with yourself throughout your day is an important part of self-care.

How is it in my mind? What are my thoughts like? Am I cynical? Do I need to do something physically? How is it in my heart? What is my connection to other people and what kind of love and compassion am I holding for myself or others? Throughout the day it is important to check in with yourself. This self-check is as an internal weather report because like the weather, the forecast is always changing.

- **Name It**

Dr. Dan Seigel has a theory, "Name it to tame it." This theory is based on how our emotions activate the Amygdala, that fight, flight, or freeze response. By naming our emotions or saying it out loud, this can deactivate the Amygdala. Stating how you feel out loud does not take all emotion away. Think about the last time you were upset. If you were able to say, "I'm angry, I'm really upset right now" this deactivates the stress level. Because you can name it, you felt that release. **Naming our emotions diffuses the energy and charge that emotion carries, and it also lessens the burden the emotion caries.**

- **Move It**

Taking action is the last step to improving self-care. Once we can notice and name our emotions, then we have to take action. At times, this can be stretching or exercising. **When we move our bodies, and we move our breath, that increases blood flow and oxygen to the brain. It gives us a little more space to think. When we are moving our body, we are creating the opposite effect of what stress causes to our body and brain.**

Gratitude/ Positive Affirmations

- Upon waking, list 3 things you are grateful for. Do this before any other habitual activity. When we fill our mind with positive thought, it floods our body with positive energy and creates a sense of vitality

- Upon driving to work or when you arrive at your desk,
  Remind yourself why you do your job. Why did you get into this profession? What do you hope to achieve today while you are at work? How are you making a positive difference in others' lives?

- **Speak of yourself in positive present tense statements. This is especially helpful if you are feeling like you have failed or are overwhelmed and beating yourself up for not "GETTING IT ALL DONE" This practice is gratitude for one's self.**

BREATHWORK EXERCISES:

1.) Bhrahmari Pranayama (Buzzing Bee Breath)

Bhramari pranayama is very effective in instantly calming your mind down. It is one of the best breathing exercises to release the mind of agitation, frustration or anxiety and get rid of anger. A simple-to-do technique, can be practiced anywhere at work or home, and an instant option available to de-stress yourself.

This breathing technique derives its name from the black Indian bee called Bhramari. (*Bhramari* = type of Indian bee; *pranayama* = breathing technique)
The exhalation in this pranayama resembles the typical humming sound of a bee, which explains why it is named so.

How To Practice Bhramari Pranayama (Bee Breath)

- 1. Sit up straight in a quiet, well ventilated corner with your eyes closed. Keep a gentle smile on your face.
- 2. Place your thumbs on your ears. There is a cartilage between your cheek and ear. Place your thumbs on the cartilage with slight pressure. Put remaining fingers toward top of head.
- 3. Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee.(the " mmmmmm" of the word OM)
- 4. You can also make a low-pitched sound but it is a good idea to make a high-pitched one for better results.

Breathe in again and continue the same pattern for 7 or 11 times.

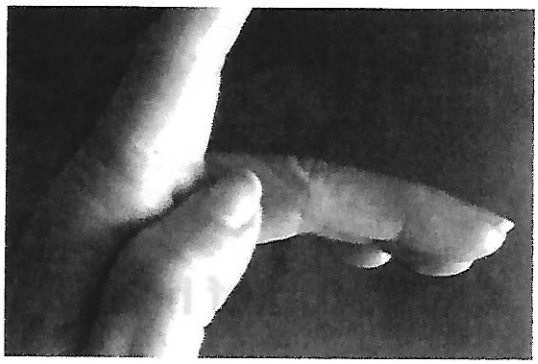
Keep your eyes closed for some time. Observe the sensations in the body and the quietness within. You can also practice Bhramari pranayama lying on your back or lying on your right. While practicing the pranayama while lying down, just make the humming sound and do not worry about keeping your index finger on the ear. You can practice the Bee pranayama 3-4 times every day.

Benefits Of Bhramari Pranayama (Bee Breath)

- Instant way to relieve tension, anger and anxiety. It is a very effective breathing technique for people suffering from hypertension as it calms down the agitated mind.
- Stops negative thoughts
- Gives relief if you're feeling hot or have a slight headache
- Helps mitigate migraines
- Improves concentration and memory
- Builds confidence
- Helps in reducing blood pressure

2.) Anxiety/ Panic Attack Mudra

Bend index finger down towards palm, press thumb into the inside of middle finger closest to where finger meets hand. Press with pressure.



Can be done alone or combined with the following breath:

- Inhale 4 segmented breaths through nose, Filling belly, chest and throat. Exhale 4 segmented breaths through nose and pull navel in each time. Continue this for 3-11 minutes.

3.) Thymus Thump:

The Thymus Thump (also known as the happiness point) can help to neutralize negative energy, exude calm, revamp positive energy, support healing and vibrant health, and boost your immune system.

Do this everyday to ensure your life energy and thymus gland is activated. You can increase to several times a day if you are suffering from anxiety, panic attacks or stress and allow your life energy to come alive.

- Thumb to to Index finger and middle finger tips on right hand. Tap in center of rib cage at sternum. Tap in rounds of 3 while saying sound "Har, har, har." Do for 1 minute.

4.) 4:1 Breath

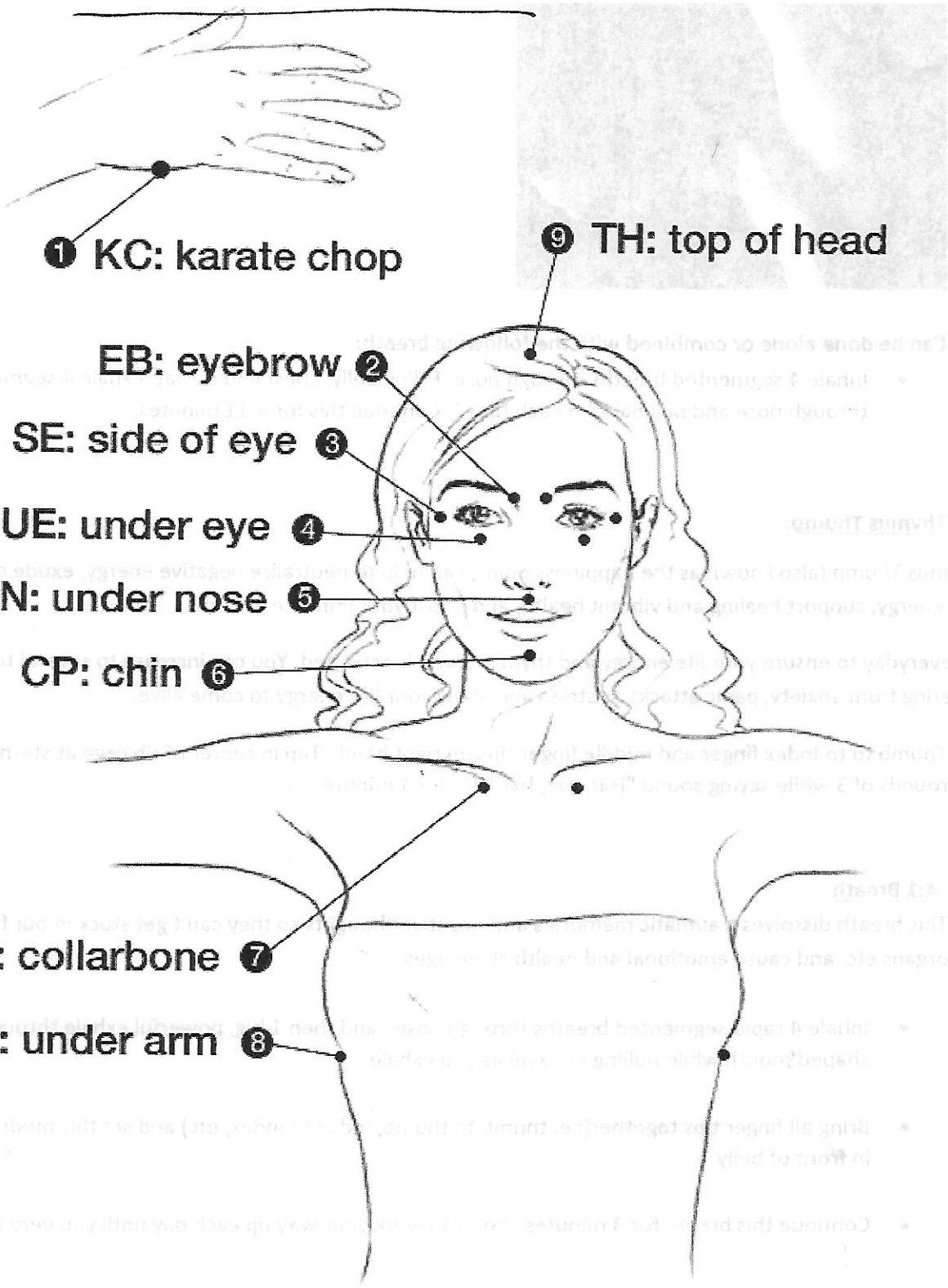
This breath dissolves traumatic memories and negative thoughts so they can't get stuck in our facia, muscles, organs etc. and cause emotional and health challenges.

- Inhale 4 rapid segmented breaths through nose, and then 1 big, powerful exhale through and "o" shaped mouth while pulling in navel as you exhale.

- Bring all finger tips together(i.e. thumb to thumb, index to index, etc) and set this mudra(hand posture) in front of belly.

- Continue this breath for 3 minutes. You can work your way up each day until you very to 11 minutes.

EFT POINTS


❶ KC: karate chop
❾ TH: top of head
EB: eyebrow ❷
SE: side of eye ❸
UE: under eye ❹
UN: under nose ❺
CP: chin ❻
CB: collarbone ❼
UA: under arm ❽