

Instant Stress reliever

Become stress free in just 20 seconds.

💎 Health 📅 January 05, 2022



During the exams, while doing work for hours, or while studying for a long time a lot of information gets processed in our brains. Hence we feel stressed. To overcome this we need to oxygenate our brain. Sometimes the fear also leads to anxiety. Sometimes, our parents or elders also tell us to take a deep breath before doing a task. This technique is also recommended by Steve Jobs, Bill Gates, and Robin Sharma. This is an ancient Indian technique that was given by Maharshi Patanjali.

How to do this?

Step1: Inhale for 4 seconds(optimal time)

Step2: Hold your breath for 7 seconds.

Step3: Exhale for 8 seconds(most difficult step)- you need to exhale slowly for complete 8 seconds

(This is the optimal time you should do it as per your comfort)

The Britishers named it the 4-7-8 principle

The science behind the technique

When inhale and hold our breath each and every cell in our blood gains oxygen and the carbon dioxide gets released.

Hence our brain gets oxygenated

Hence we feel fresh and active

Note- when you inhale store the oxygen in your lungs and not in the stomach

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Now, continue this procedure 3 times i.e. 1 minute, And thrice a day so 3 minutes in one day.



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