

4-Minute Reset

Jab paper baanta ja raha ho, tab yeh karein.

- 1 Saans: cyclic sighing ×3**
Naak se do chhoti saans andar, munh se ek lambi, dheemi saans bahar.
- 2 Ghabrahat ka naam badlein**
"Yeh tez dhadkan dar nahi, energy hai. Mera shareer taiyaar ho raha hai."
- 3 Chinta likh daalein**
Rough paper par teen line likhiye. Mod kar rakh dijiye.
- 4 Sabse aasaan sawaal pehle**
Pehle paanch minute jeetiye. Raftaar milte hi mann shaant hota hai.

EXAM SE PEHLE KI RAAT

7-9 ghante neend · Koi naya topic nahi · Admit card, pen, paani, ghadi taiyaar · Halka khaana

Har mock se pehle practice karein, taaki exam ke din yeh aadat ho, faisla nahi.

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AGAR dimaag blank ho jaaye **TOH** sawaal par nishaan,
do baar dheere saans bahar, aur agla sawaal.

AGAR _____
TOH _____

AGAR _____
TOH _____

**Yeh exam zaroori hai.
Main usse bhi zyada zaroori hoon.**

PAPER KE BAAD

Corridor mein answer match na karein · Kuch khaayein,
paani piyein · Agle subject se pehle 30 minute aaraam

Baat karni hai? Tele-MANAS **14416** (muft, 24×7) ·
Childline **1098** · Emergency **112**

Aadhaar (evidence): Balban et al. 2023 (breathing); Jamieson et al. 2010 (reappraisal); Ramirez & Beilock 2011 (expressive writing); Gollwitzer 1999 (if-then plans). Sirf shiksha ke liye; ilaaj ka vikalp nahi. Dr. Saurabh Kumar, MD (Psychiatry) AIIMS · Healthy Minds India, Patna · patnapsychiatry.com · Ed. 1.0, Oct 2026

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