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The invention refers to the field of medicine, namely to psychotherapy.

The method of mental stress reduction consists in that it is carried out the controlled respiration, including 6 respiratory movements per minute, beginning with a deep breath through nose with a duration of 4 seconds, which immediately turns to a slow deep expiration through mouth with a duration of 6 seconds, which immediately turns to the inspiration phase. Concomitantly, it is carried out the automassage of both auricular lobules during 1...2 min, afterwards there follows an interval of 1...2 min, the cycle is repeated 3...5 times during at least 10 min.

Claims: 1