

Relax at your desk

Try this exercise to reduce stress...

If you're sitting at a desk all day, it's important to have some desk exercises that you can do throughout the day to help relieve stress.

For this quick exercise, you can remain seated or stand if you feel more comfortable.

- Start by breathing slowly and steadily.
- Let both arms hang down loosely from your shoulders.
- Gently shake out your hands, then your elbows and lastly wriggle your shoulders.
- Now using both arms, wrap them around your body just below shoulder level and give yourself a big hug.
- Try to keep your upper back well-rounded and hold this position for about 4 to 5 seconds.
- Spread your arms wide and repeat twice more remembering to breathe slowly and naturally throughout.
- Now place both hands, palms inwards on the small of your back with your fingers pointing towards each other and thumbs around your waist.
- Draw your elbows back towards each other and at the same time arch your back just as far as is comfortable.
- Breathe naturally all the time and keep your head steady, and your neck and shoulders relaxed throughout.
- Release and repeat twice more.
- Now draw both shoulders up towards your ears, let them go and allow them to sink naturally into a relaxed position.
- Repeat 3 or 4 times and end by stretching both arms out into a natural stretch and yawn.

Try this exercise whenever you're feeling tense or have a few minutes to spare.