

# Feeling a little stressed?



**Try these exercises at your desk that can be done sitting or standing:**

## ***Relieve Low Backache and Pressure:***

- While exhaling, slowly lean forward, bring your head toward your knees and let your hands drop to your ankles. Hold for 5 seconds.
- Inhale while you slowly unwind and return your head to its normal upright position.
- Exhale and stretch your arms toward the ceiling.
- Do this 5 times.

## ***Relieve Upper Back and Shoulder Tension:***

- Lift your hands to your shoulders.
- Keep your elbows down and push your shoulders back.
- Hold for 15 seconds.

## ***Relieve Back, Neck and Shoulder Tension:***

- Inhale and raise your shoulders to touch your ears.
- While raised, push your shoulders back and exhale. Relax shoulders.
- Do this 5 times.

## ***Relieve Wrist Tension and Stiffness:***

- Place your palms together, chest high, as if in prayer.
- Slowly push your palms together while lifting your elbows slightly and hold for 5 seconds.
- Rotate your hands so the tips of your fingers point to the floor and press your palms together. Hold for 5 seconds and release.

## ***Relieve Finger Tension and Stiffness:***

- Separate and straighten your fingers until tension of a stretch is felt.
- Hold for 10 seconds.
- Relax, then bend your fingers at the knuckles and hold for 10 seconds.
- Repeat stretch once more.

## ***Relieve Neck and Shoulder Tension:***

- Inhale and slowly turn your head to the right until you feel your neck muscles pull. Hold for 5 seconds.
- Exhale and return your head to face straight ahead.
- Inhale and slowly turn your head to the left until you feel your neck muscles pull. Hold for 5 seconds.
- Exhale and return your head to face straight ahead.
- Do this 5 times.

## ***Interested in Learning More?***

Check out these web sites:

- <http://www.lib.msu.edu/ergomsu/stretch.htm>
- <http://www.ucop.edu/humres/eap/exercises.html>
- <http://backhealth.net/backhealth/fitness/workexercise.htm>
- <http://www.webmd.com/fitness-exercise/features/exercise-at-your-desk>
- <http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm>
- [http://www.associatedcontent.com/article/101985/five\\_quick\\_exercises\\_that\\_you\\_can\\_do\\_at.htm](http://www.associatedcontent.com/article/101985/five_quick_exercises_that_you_can_do_at.htm)
- [http://backandneck.about.com/od/deskexercises/Desk\\_Exercise.htm](http://backandneck.about.com/od/deskexercises/Desk_Exercise.htm)