

Let's Talk: Destress at your desk

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Hi, I'm Temerson. Let's talk about destressing at your desk. Oftentimes during the work week, it's easy to get overwhelmed, and all it takes is a couple minutes away from your computer, sitting in your chair, to reset.

Let's get started

The first thing you can do is tidy up your workspace. Straighten up your papers and pens to create some neatness around your desk. Second thing is to lock your computer to make the screen go dark. Then, either push away from your desk or turn your body away from the screen.

Steps to destress

First, plant your feet flat on the ground so your legs are in a neutral position. Relax your hands in your lap. Sit up straight, scrunch your shoulders up towards your ears, then relax them down your back, close your eyes if you feel comfortable and we'll take 10 deep breaths.

To start, take an inhale and exhale.

Inhale. Exhale.

Last breath, inhale. And exhale.

To slowly wake your body back up, make your hands into a fist, squeeze them tight, relax them back out in your lap. Once again, scrunch your shoulders up towards your ears, relax them back down your back. If your eyes are closed, slowly open them. Maybe roll your wrists out a bit. And that's how you destress at your desk.

Your breath is one of the most portable tools you have. If you find yourself in a stressful situation, take a moment and focus on your breath.

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