

DE-STRESS AT YOUR DESK

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Hands on desk, feet planted, let head hang.



Inhale, turn to right, exhale. Repeat on other side.



Inhale, lean to right, exhale. Repeat on other side.



Inhale, lean back, exhale.



Inhale, lean forward, exhale.



Open and close fists, slowly and then as fast as you can.



Bring hands towards you.



Send hands away.



Turn hands out.



Turn hands in.



Rub palms to create friction and warm them. Place over closed eyes for sensory break.



Place arm at ninety degree angle to body, palm flat, elbow touching wall. Step forward with same foot. Repeat on other side.



Place arm higher up wall, palm flat, elbow touching wall. Step forward with same foot. Repeat on other side.



Plant feet flat on floor. Inhale. Twist to right. Exhale. Repeat on other side.



Stand behind chair and grip back. Lift right leg slightly behind you. Lower. Repeat on left.



Lift leg and arm out to the side. Lower. Repeat on other side.