DE-STRESS AT YOUR DESK

- Hands on desk, feet planted, let head hang.
- Inhale, turn to right, exhale. Repeat on other side.
- Inhale, lean back, exhale.
- Inhale, lean forward, exhale.
- Inhale, lean to right, exhale. Repeat on other side.
- 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.
- Open and close fists, slowly and then as fast as you can.
- 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.

Photography and design by Brendan Helmuth

Produced by and featuring Jenn Carson, MSLIS, CYT, CCYT