



OFFICE DESKERCISE

BACKGROUND

- Can be done anywhere
- Is essential to do regularly to avoid potential health problems
- Empowering; encourages individuals to take responsibility and have a general awareness about themselves and their posture

ROUTINE

- Check your head has not dropped forwards – reposition
- Every 10 minutes shift your sitting position
- Stand up; turn around one way slowly and deliberately then the other way, this ought to happen every 20 minutes
- Remember to breathe! Consciously take a deep breath in through the nose and focus breathing it in down to the abdomen (just below the tummy button). Breathe out slowly through the nose and continue until you have squeezed all the breath out from your lungs and repeat this technique another 2 times
- Turn your head slowly towards the shoulder without straining, breathing in and out, as feels comfortable and repeat towards opposite shoulder, repeat as needed
- Raise the shoulders up towards the ears breathing in and hold for a few seconds, then let the shoulders drop at the same time exhaling, continue a few more times
- Next roll your shoulders forwards x3 and then backwards x3
- Place your hands on either side of your neck and gently rub up and down, then massage using circular motion clockwise and anti-clockwise. Using finger tips gently press down on the back of the neck (either side of the spine) moving down onto the back of the shoulders, you may need to cross your arms in front of you
- Eyes wide open, then without moving the head, look left and up and then diagonally down and right and repeat looking right and up and then diagonally down and left x3
- Clasp hands behind the back of the head and stretch up and back, then gently rotate body twisting round to right then left
- Wiggle toes, then rotate feet one way then opposite, next point toes forwards then upwards, finishing by stretching both legs
- Clench the buttocks and relax x3 then pull in the abdomen muscles and relax
- Finish routine by flexing your fingers and shaking loosely, then using the hands squeeze up and down the arms and one last deep breath slowly in and slowly out

QUICK STRESS/PRESSURE RELEASE TECHNIQUES

- Breathe in deeply through the nose and vigorously blow out breath through the mouth x 3
- Massage the tip of the ring finger
- Close your eyes and visualise something which makes you; smile, calms and relaxes you