

7 THINGS YOU CAN DO AT WORK TO UNWIND



Everyone goes through stressful times at work. Think about the last hectic day you had. Between deadlines and on-the-job demands, it can get pretty easy to fall into stress and not see a clear way out again. The next time this happens to you, consider these tips for things you can do at work to unwind.

Try a Micro Massage

While it's not convenient to indulge in a full body massage at work, you can certainly ease a little tension by concentrating on something you use all the time: your hands. No matter what you're doing, fingers and hands can get tired easily. The muscles will especially tighten up if you're spending a lot of time on the computer. A little lotion and some deep massage as you apply it can help you to unwind very easily.

Switch Your Playlist

If you're able to listen to music at work, putting on music that helps you relax will change the entire rhythm of the day. Or, if you're not into music, why not try some ambient nature sounds to help you unwind?

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Grab a Snack

Certain foods or drinks can do wonders for helping you to unwind. Studies have shown oranges are especially good for relaxation. So are warm beverages, such as green tea (also loaded with antioxidants), that help relieve stress.

Take a Breath

No matter what kind of job you hold, you can always take time to breathe. Box breathing is especially effective. Step back from what you're doing and take in a deep breath slowly, to the count of four. Hold it for another count of four before exhaling, again to the count of four. Do this four times for the best results.

Pick Up a Scent

Having a small vial of essential oils you can sniff when feeling anxious or stressed can work wonders for the mood. For unwinding, try lavender, frankincense, or bergamot.

Move Around

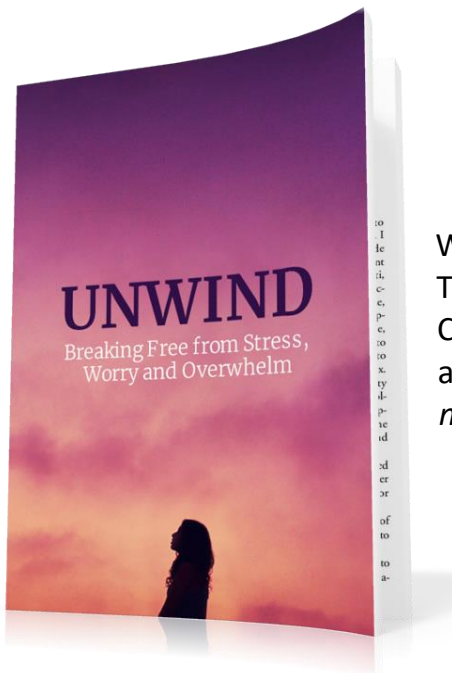
There are tons of exercises you can do right at your desk. A quick search will give you numerous results for everything from leg lifts or seated bicycles to side planks or shoulder presses. The best part? You'll unwind, reduce stress, and help yourself to stay fit at the same time!

Get Outside

There's a lot to be said for the benefits of fresh air and exposure to nature. Even taking just a few minutes outside can change your entire perspective as you unwind, helping you feel more creative and relaxed by the time you come back in.

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While regaining your equilibrium at work might seem challenging sometimes, taking a few minutes for any one of these items is well worth the time investment. Once you unwind, you'll feel more energized and ready to tackle the next challenge.



What's your best way to learn? Reading? Structured Thinking? Listening? Reminders? Coaching? A Combination? Here's a very cost-effective program with all these options. And the topic is a **Critical Skill** for *now and the future!*

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