You're stuck in another marathon meeting. Your back and neck are screaming; your brain is swimming. You come home stressed and exhausted, wanting nothing more than a pizza and video before going to sleep to get up and do it all over again tomorrow...

How can you get relief?

Let’s face it: if exercise isn’t simple and easy, most of us won’t do it. If we can’t fit it comfortably into our daily routine, we’ll never stick with it.

These yoga stretches are designed to be done anywhere, at anytime.

First: here are some tips for keeping your life simple and healthy
• Breathe deeply and slowly with the rhythm of your movements (don’t hold your breath!)
• Don’t force stretches; breathe and relax into them. “no pain, no pain” There should NEVER be pain. (no pain, no gain died with the 1980’s!)
• Quality of stretching is better than quantity. If you don’t have much time, do a few good stretches instead of rushing through several.
• Over 60% of workplace ailments are repetitive strain injuries—be mindful of your tasks and take breaks.
• Mess=Stress Keep a clean working environment (and home environment) to calm the mind.
• Maintain a current to-do list by the day, week, month and future.
• Whenever you feel tired, drink lots of water. Fatigue is a common symptom of dehydration.
• When you are overwhelmed by several tasks or people—take one step at a time, breathe and be calm
• Visualize your in-box as fan mail.
• Take a break from planning, demands, etc., take a deep breath and just “enjoy the moment”. No two moments are the same. Where you are right now at this moment will never happen again, savor it.

Here are some simple stretches that you can do at your desk throughout the day.

**Bad body mechanics!** This is what NOT to do. Notice that there is no space between the ears and the shoulders.

**Neck rolls:** Drop your head to one side. Roll it around in a wide circle; switch directions, slowly finding the tight spots. Hold and breathe, letting your breath release the tightness.
Open chest stretch: Sit near the edge of the chair. Interlace your fingers behind your back, straightening the arms. Gently stretch up and forward, open your chest and tilt your head back. Relax and breathe into the stretch.

Copier stretch: Place your hands on the edge of the copier. Stand back with feet apart. Drop your head and chest. Breathe and relax your shoulders.

Open door stretch: Place both hands on the doorjambs at shoulder height, feet hip-width apart. Gently let your body stretch forward. Relax your head and breathe.

Ragdoll stretch: Let it all out with this re-energizing stretch. Take a deep breath. Arms straight up and stretch. Exhale, bend knees and drop hands to ground. Relax your head and shoulders and take deep full-body breaths. Let everything sag toward the ground while still bent over. Return to standing position by slowly walking hands up legs.

Eye Strain Solution:
Take mini-breaks from your computer screen as you work.
Refocus every ten minutes by looking out the window or around the office. Each hour close your eyes, let your face soften.
Slowly roll eyes in a circle. Take deep breaths.
For soothing relief, rub palms together very fast to warm them, then place gently over your eyes.

Thank you to Sherian Santos and Pat Rogers. ☺

Namaste’