

10 Ways to De-Stress at your Desk

We will (hopefully) turn your desk into a stress-free zone. Here are 10 ways to defuse stress right at your desk, in 5 minutes or less.

1. **Breathe the stress away.** One of the simplest ways to defuse stress is just to close your eyes and concentrate on your breathing for a few minutes. It forces you to take a break from the chaotic thoughts and feelings surrounding your busy day, and provides a much-needed sanity break. You can boost the effectiveness of this technique by trying a controlled breathing exercise.
2. **Get a dose of funny to combat work stress.** Watch a funny video on YouTube, read a short article, or read that funny story your Aunt Mildred emailed you. Humor is a fantastic form of stress relief, and it helps wake up your brain so you can be more productive when you get back to work.
3. **Get physical.** Okay, so this one might require you to leave your desk for a few minutes. A five-minute power walk around the office or up and down a flight of stairs lets you get rid of some of that nervous energy that's been building up all day. This is an especially important technique if you're already stressed and cruising for anxiety territory.
Physical exercise gives you an endorphin boost, improving your mood while relieving muscle tension. And your eyes will greatly appreciate the break from staring at your computer screen.
4. **Orange you ready for a snack?** Terrible, terrible joking aside, eating an orange may help you cope with workplace stress. In a study by the Center for Psychomatic and Psychobiological Research at the University of Trier in Germany, vitamin C helped people recover faster from stressful situations. So grab an orange for your midmorning snack or for a quick pick-me-up in the afternoon!
5. **Aromatherapize yourself.** Yes, "aromatherapize" is a word. We just invented it. Although few studies have explored the effectiveness of aromatherapy, many people do get some benefit from it. And because scents can be powerful reminders of pleasant experiences, finding an essential oil that reminds you of a happy time can provide a major mood improvement.
Just be careful not to douse your workspace in your chosen scent. One man's pleasant, vanilla-scented memory of baking cookies with Grandma is another man's traumatic flashback to burning the kitchen down with Aunt Mildred.
6. **Visualize a stress-free environment.** Whether it's your favorite vacation spot on the beach, a quiet spot in the woods, or just your own bedroom, visualizing a place of peace can help put you in a peaceful state of mind.
Close your eyes, relax your body, and spend five minutes re-creating your happy place in your mind. Try to include all five senses. This one's especially helpful for gathering your thoughts before tackling a major task.
7. **Don't sit** — balance. It's become all the rage in some modern offices: Replacing desk chairs with stability or exercise balls. These days, you can even buy a chair that's basically just an exercise ball in a wheeled ring. A stability ball gives you plenty of room to fidget, which can help you let off some nervous energy.

It also encourages good posture, since you have to sit up straight to keep from landing in an undignified heap on the office floor.

8. **Jam with your favorite tunes.** Dancing is optional. Twerking is strictly forbidden in an office setting. Music has been proven to improve mood, relieve stress, and just create a rockin' good time. So break out the headphones and remember to listen at a reasonable volume. Your coworkers might not be quite as taken with Bieber Fever as you are.
9. **Get techie with it.** With smartphones and tablets everywhere you turn these days, is it any wonder that there are now a plethora of apps available to help you manage your stress? Try Stress Tracker, which helps you identify the symptoms of stress and your possible triggers.
10. **Put your head down.** Yes, just like you did in grade school. Fold your arms on your desk and lay your head on them. You can use this technique along with breathing exercises or visualization, or just use it to stretch your back muscles and rest for a few minutes. Either way, it's a great way to gather your thoughts and put the brakes on a stress spiral.



**Ulliance provides no cost, confidential, short term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**