

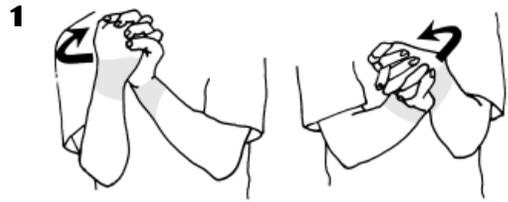
# Stressed-Out Stretches

*Elapsed time: 90 seconds*

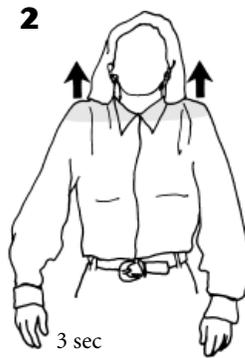
- Had a tough day?
- Computer giving you problems?
- Going to an important meeting?
- Need to relax?

There come those inevitable times during the day when the body signals it has had an overdose of stress. Don't let tension build up and ruin your good work. Pace yourself throughout the day. Take frequent stretch breaks!

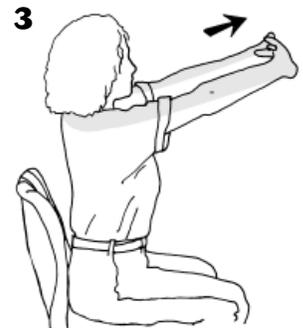
- Breathe deeply.
- Take a few minutes to do these stretches.



10 sec  
each position  
p. 65



3 sec  
2 times  
p. 69



10 sec  
2 times  
p. 69



15 sec  
each arm  
p. 71



10 sec  
p. 70



5 sec  
each side  
p. 73