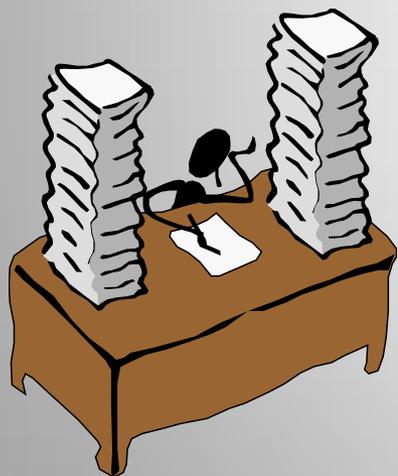




STRESS SAFETY



Desk Yoga Tips
By

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STRESS AWARENESS

In a multi-tasking world full of deadlines, demands and frustrations, stress can very easily become a way of life. Stress can serve as motivation in small doses helping you to do well under pressure. However, if you are constantly running in emergency mode, your mind and body pay the price.



STRESS SYMPTOMS

- ◉ Headaches
- ◉ Memory Problems
- ◉ Inability to Concentrate
- ◉ Seeing only the Negative
- ◉ Racing Thoughts
- ◉ Aches and Pains
- ◉ Chest Pain, Rapid Heart Beat
- ◉ Frequent Colds
- ◉ Nausea
- ◉ Moodiness



STRESS AWARENESS



Stress is a normal physical response to events that make you feel threatened or upset your balance. When you sense danger - whether it is real or imagined - the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction, or the *stress response*.



STRESS AWARENESS

It is important to learn how to recognize when stress levels are out of control. The most dangerous thing about stress is how easily it can creep up on you. You get used to it. It starts to feel familiar even normal. You may not even notice how much it is affecting you, even as it takes a heavy toll.



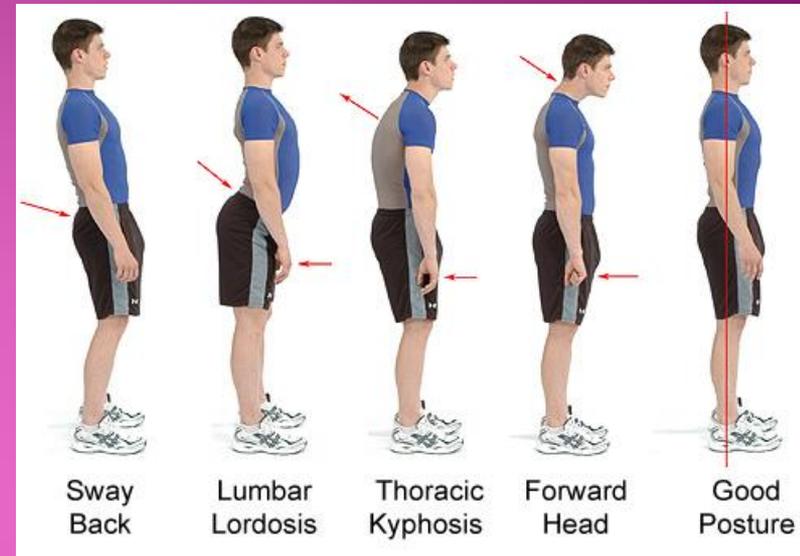
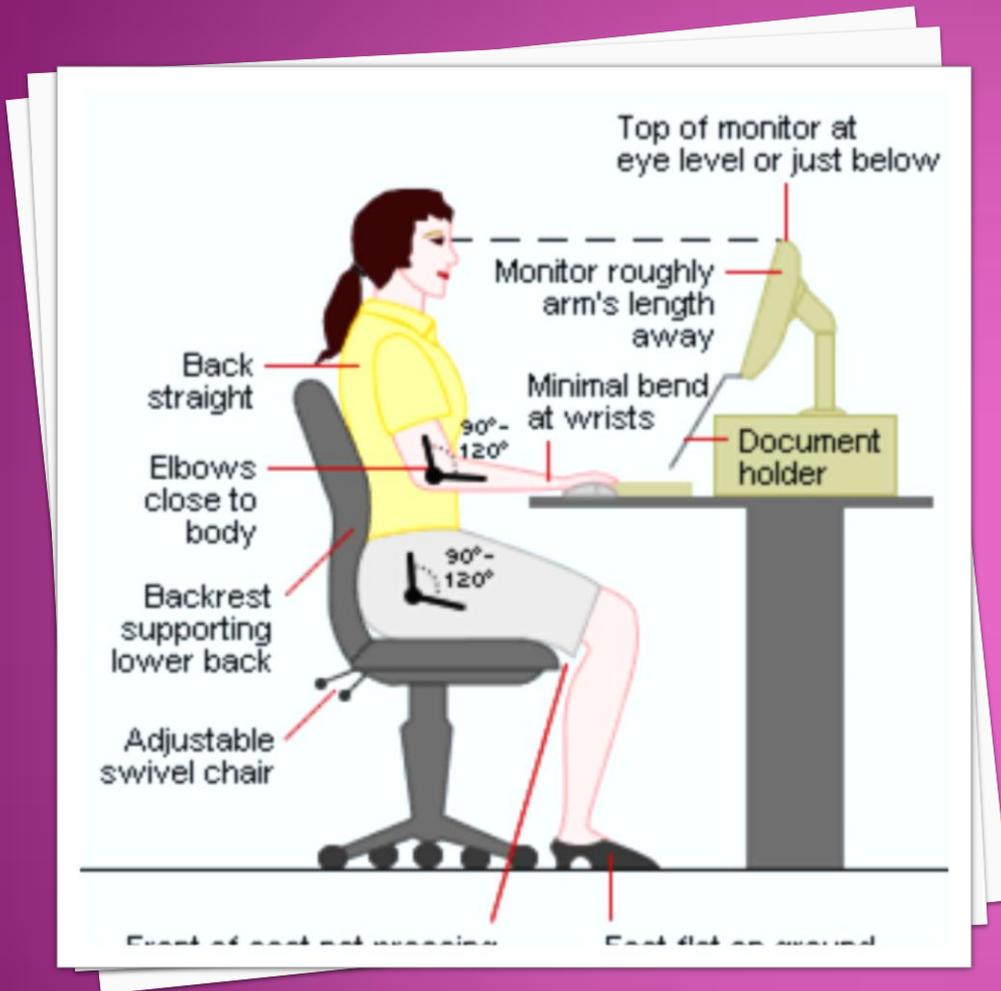
RE-PROGRAMMING YOUR RESPONSE SYSTEM



Your ability to tolerate stress depends on many factors, including the quality of your relationships, your general outlook on life, your emotional intelligence, and genetics.

Thru awareness, practice, and understanding, each individual has the ability to re-program their mind/body system from storing harmful effects of stress.

PROPER POSTURE



Proper posture enables you to listen to pain and symptoms of stress, while increasing concentration and creating a more spacious spine and breath.

Roll the shoulder blades down and back while lifting up thru the sternum. Drop the low rib cage down and allow the head to float up off the spine. By tucking the chin slightly, the ears stack over the shoulders. Now, your brain is ready - Full Focus.

OBSERVATION

Notice your breath. Is it short, steady, sporadic, fast or slow? Close the eyes for a moment and simply scan for tension, pain or discomfort. By bringing length and fluidity to the breath, you can make adjustments to bring balance and ease. Holding the breath, clenching the jaw or compressing into the chest and low back does not increase productivity, but can shorten your life.



QUESTION

Ask yourself throughout the workday, “How can I adjust?” An answer or resolution is only discovered upon asking a question. It is when pain or stress are ignored, that we absorb their harmful effects.

Make time for you! What can you do to feel your best?



ANALYSIS



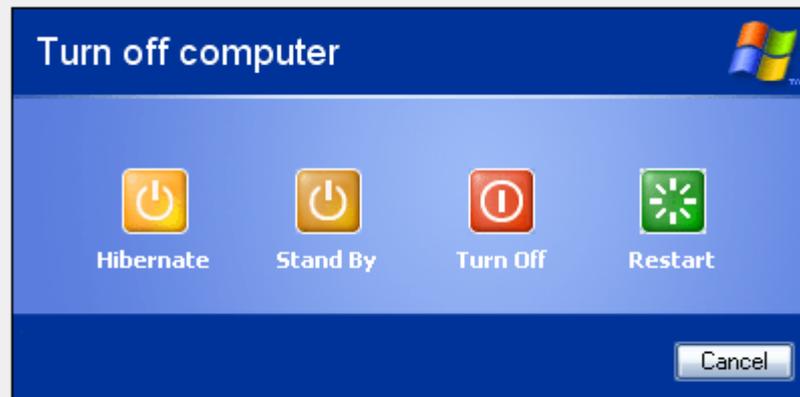
Upon seeing the triggers that push you to edge, whether it be in body, mind, nervous or immune system, we can begin to discover ways to increase overall well-being.

If you have health issues, it is important to make the time to seek proper care.



PROBLEM SOLVING

Counter act your workday with restorative postures, nutrition and activities to reverse the effects of being at the desk and on the clock. Make the time to shutdown, stretch out, and reboot. You are worth it!



REBOOT ツ

The Joy of Tech™

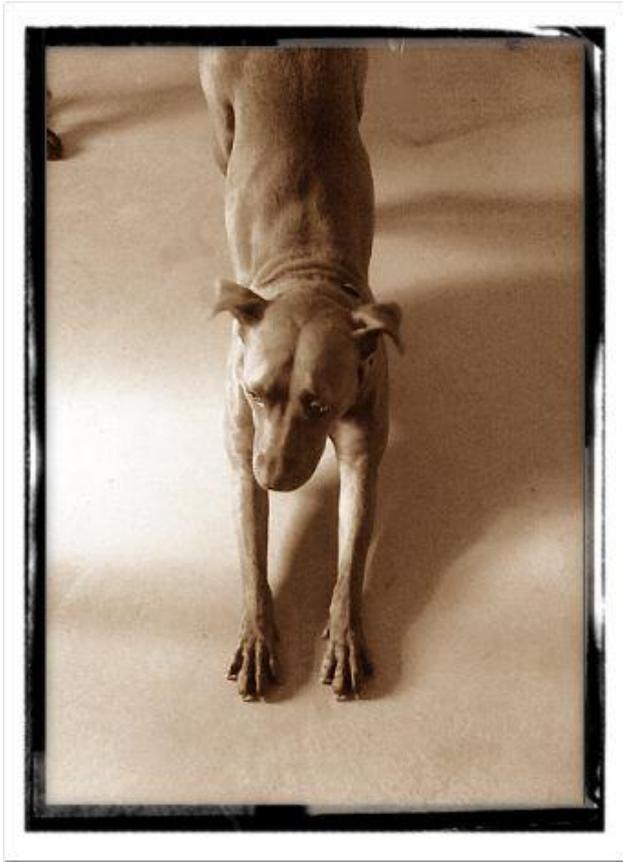
by Nitrozac & Snaggy



Geek meditation session.

TIPS

Counter act any compression or heaviness of the workday by creating space via postures to restore and rejuvenate. This could be as simple as making circles with your wrists.



Stretch



Restore

CAT - COW SPINE STRETCH

Simple movements go a long way!



Lift,
Lengthen
& Reach



DESK SALUTE

Break up your sitting time by practicing a half Sun Salutation or two a few times every day.



1

Urdhva Hastasana
(Upward Salute)



2

Uttanasana
(Standing Forward Bend)



3

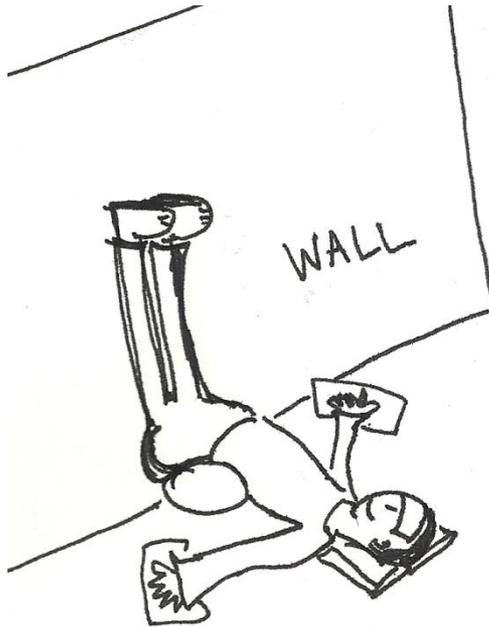
Ardha Uttanasana
(Half Standing Forward Bend)



4

Tadasana
(Mountain Pose)

RE-ALIGN



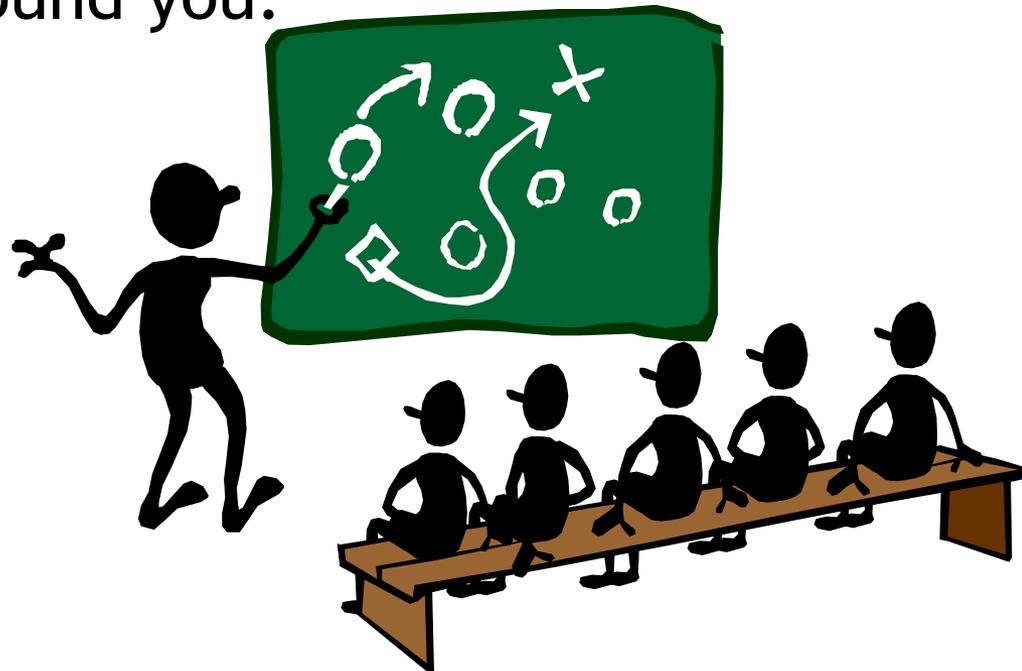
Supported Wall Stretches



De-Compress Low Back

INTEGRATION

As with any system, when brought into synch, all runs smoothly as one. Relaxation is said to be a skill or art. The more you check-in with yourself, the better you will feel and quality of life will improve, not only for you, but for all those around you.





Exhale...