

TOP TRICK



How to de-stress at your desk

WHEN the pressure is on and you are up against deadlines, you can start feeling stressed and exhausted just when you need to stay calm and energised. Try these suggestions for desk-bound de-stressing.

1. Breathe properly!

Breathing deeply can help you to relax and reduce stress levels. It also gives your brain and muscles the oxygen they urgently need. When people are stressed they tend to take shallow breaths and their lungs don't get enough oxygen. Taking deep breaths can calm you and stop you from feeling overwhelmed. Close your eyes, noticing how your stomach and lungs rise and fall with your breath, and take a few moments to focus on breathing deeply and properly.

2. Massage away your tension

These days you don't have to leave the office to have a massage — therapists can come to your desk. An acupressure massage will not only de-stress, but also revitalise you — and the results are almost immediate. Carried out through clothes, the therapist will work on various acupressure points and focus on the neck, shoulders, scalp, back and arms. Massage is excellent for alleviating the symptoms of stress such as tension headaches, neck ache and insomnia.

3. Invest in some essential oils

Using essential oils is a pleasurable and effective way to deal with stress. Many aromatherapy essential oils can help to reduce mental tension and anxiety. If an oil burner isn't practical (or safe!) for the office, use an electric fan diffuser. Lavender, neroli and bergamot can help to reduce anxiety and calm you down.

Source: www.stressangels.co.uk