

Stress Relief Activities You Can Do at Your Desk

It is important to know how to cope with everyday stressors. It is not realistic to think you can lay out a mat and start your flow in the hallway of the office or dance like nobody's watching, because all your coworkers are. Instead, try the following relaxation techniques that you can do right at your desk or at your home office.

office-approved or home office stress relief activities!

- **Go to your happy place.** Sometimes it is all about visualization and tapping into all your senses. And by all, we mean all. Start by thinking of a relaxing moment in your life when everything seemed to be at ease. Where were you? What did you see, smell, or feel? Tapping into these specific details is a great way to refocus your attention and overwhelm your body with feelings of ease.
- **Try deep breathing.** You might be wondering how to relax your mind. It is all about deep breathing. Concentrate on relaxing your body from your head to your toes as you inhale and exhale. This will increase the supply of oxygen to your brain and lead you into a state of calm.
- **Goof off a little.** Keep a stash of funny stuff somewhere near your desk or crack a joke in the kitchen. Do not forget that laughing at yourself is a good way to stay humble and a nice reminder not to take life too seriously.
- **Watch a funny video.** If goofing off on your own is not working out for you, try watching a funny video. Laughter has been shown to reduce the physical effects of stress while boosting creativity and productivity too!
- **Diversify your snacks.** Having something to look forward to throughout the workday can help to get your mind off of all the things that may be worrying you. The right snack can also give your blood sugar a boost and improve your overall energy. Think dark chocolate, blueberries, and yogurt.

- **Listen to music.** Create a soothing playlist for yourself and put it on whenever you are feeling overwhelmed. Music has a unique link to our emotions and the power to relax the mind. Pick a slow and soothing soundtrack or try out a white noise playlist. (source)
- **Take a moment to gaze out of the window.** If there is absolutely no way, you will be able to make a trip outside during your day, at least take a moment to gaze out of the window. Getting your mind away from the screen can make you more productive. (source)
- **Write yourself a positive message.** Your desk is bound to be filled with notepads and a container of pens, so grab one and jot down a positive message about yourself. Try “I am the best [insert what you do].” Our brains are constantly running and there is a high percentage of our thoughts that are negative. Cancel out that negative self-talk with something positive.
- **Get a desk diffuser.** Did you know that scents can have an impact on your stress levels? Grab a desk diffuser and try out lavender essential oils for stress relief.
- **Take one thing at a time.** This one is easier said than done, but it is worth the effort. Instead of thinking about all the things on your plate, grab your notepad and make a list of the tasks you would like to accomplish today. Then, focus on one thing at a time, physically cross items off your list as you accomplish them.