Relaxation Techniques for Work

1. Power yourself up with breakfast before work.

2. Laughter is still the best medicine. Even stress can be defeated with a laugh!

3. Plan ways to change positions during work tasks. This could include using a chair rather than standing or simply readjusting your approach to your job activity.

4. Make sure the chair is adjusted to suit your moods and needs.

5. Rotate jobs or share work duties. This can be fun by offering a new work setting, and it allows the body to recover from the demands of the previous job task.

6. Contribute a few minutes of your time to Clean Up Your Desk

7. Use Headphones either to listen to relaxing music or block out ambient noise.

8. Have a portable fan ready. Switch it on when your body – and maybe your temper, too – need cooling. Close your eyes and enjoy the breeze. When you open your eyes, you’re sure to feel much better.

9. Have a Fountain Nearby, you’ll be soothed by the pleasant sound of running water.

That’s it for now. Use these tips regularly to relax in the workplace and see your productivity skyrocket.

Fun relaxation techniques

These however might provide more excitement than relaxation...

- Answer the phone clucking like a chicken or baying like a hound. (for the more cautious, use someone else's phone)
- Climb under your desk - don't come out.
- Lie on your back on the floor and balance a ping-pong ball on a column of air blown from your mouth.
- Enact a scene from Pinnochio when he tells a lie and his nose grows under the fairy's spell.
- Present a puppet show using just paper clips, erasers and pencils etc.
- Recite a poem by John M. Bennett in a wobbly falsetto
- Use the white-out to give yourself a clown's smiley face and peer over cubicle dividers making a swishing noise with your mouth.