

Relaxation at Your Desk

Time: 10 minutes

This quick routine can be done almost anywhere: your desk at work, in bed, in the line at the grocery store, while riding in the car, while watching TV, while listening to a lecture.

It combines the benefits of deep breathing with progressive muscle relaxation.

Script

Turn off your phone and put your computer on screen saver. . . Get comfy in your chair and close your eyes.

Draw in a long, slow breath while you imagine it filling your body.

Blow it out in a long, slow stream. . . Imagine that all the toxins in your body are leaving with it.

Draw in another long, slow breath. . . Think of the oxygen filling your cells with new life and energy.

Again, blow it out in a long, slow stream as you picture your stress going with it.

Draw in another long, slow breath. . . imagine peace entering your soul.

As you blow it out, imagine all the restlessness in your body going with it.

You are relaxed.

Pause

Now, beginning with your toes, tighten and release your muscles. . . Breathe in as you tighten them, out as they relax. . . Now do the same with your feet, ankles, calf muscles, and your thighs. Breathe in and out slowly as you pay attention to each muscle group.

Pause

Continue with your abdomen. . . Let it expand with good, clean, oxygen-filled air. Blow it gently out as you relax. . . Do the same with your chest, arms, hands, neck, and face.

Pause

Rest. Breathe in a normal, relaxed way. Enjoy the relaxed feeling of your body and mind.

Sit as quietly as you can for five minutes. Then open your eyes and rejoin the world, feeling relaxed and ready to face anything that lands on your plate.