Stress . . . Yoga . . .
& Meditation at Your Desk
How to make stress your friend | Kelly McGonigal

https://youtu.be/RcGyVT AoXEU
YOU JUST NEED TO GET GROUNDED, MAN.
Wrist Exercises

- **Spider pushups on a mirror**
  - Remember that nursery rhyme from when you were a kid? Turns out it’s a great stretch for your hands:
    - Start with your hands together in prayer position.
    - Spread fingers apart as far you can, then “steeple” the fingers by separating palms of hands, but keeping fingers together.
  - “This stretches the palmar fascia, carpal tunnel structures, and median nerve, the nerve that gets irritated in a carpal tunnel syndrome,” says DiBlasio. This one is so simple even your officemates won’t notice you doing it, so you don’t have any excuses for not trying it.
  - [https://www.healthline.com/health/carpal-tunnel-wrist-exercises#spider-pushups2](https://www.healthline.com/health/carpal-tunnel-wrist-exercises#spider-pushups2)

- **The Shake**
  - This is as straightforward as it sounds: shake hands like you’ve just washed them and are trying to air dry them.
  - “Do this for a minute or two every hour to keep flexor muscles of your hands and its median nerve from getting cramped and tight during the day,” he advises. If that sounds like a lot, you could even integrate this into your hand washing routine. You are washing your hands frequently, right? If not, use your carpal tunnel treatment as another reason to lather up more often and keep the flu at bay!
  - [https://www.healthline.com/health/carpal-tunnel-wrist-exercises#theshake3](https://www.healthline.com/health/carpal-tunnel-wrist-exercises#theshake3)

- **Stretch Armstrong**
  - This last exercise is the deepest stretch of the set:
    - Place one arm straight out in front of you, elbow straight, with your wrist extended and fingers facing the floor.
    - Spread your fingers slightly and use your other hand to apply gentle pressure to the downward-facing hand, stretching your wrist and fingers as far as you’re able.
    - When you reach your maximum point of flexibility, hold this position for about 20 seconds.
    - Switch hands and repeat.
  - Do this two to three times on each side, and try to do this stretch every hour. After a few weeks of doing this multiple times a day, you’ll notice significant improvement in your wrist’s flexibility.
  - [https://www.healthline.com/health/carpal-tunnel-wrist-exercises#stretch-armstrong4](https://www.healthline.com/health/carpal-tunnel-wrist-exercises#stretch-armstrong4)
5 min
Chair Yoga
for the Office

https://youtu.be/GzkfOKkIteA
I will not make lists while seeking peace.

c’mon, inner peace. I don’t have all day.

Fri-i-i-i-i-i-day-ay-ay
Fri-i-i-i-i-i-i-day-ay-ay
Fri-i-i-i-i-i-i-i-day-ay-ay

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