

Editor's Note



We've spent a lot of time together this busy season, focusing on energizers and pick-me-ups. Today, it's time to chill for a bit - calm down, de-stress, and remind yourself that the end of busy season WILL come. De-stressing exercises can come in handy in so many ways. Keep these techniques in your back pocket and pull them out whenever life seems to be coming at you from all sides. These exercises can also come in handy if you're having trouble falling asleep at night.

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Day 48: Time to Relax and Release Some Stress

Relaxation exercises will help you to ease tension and relieve headaches, backaches, and insomnia. They release the body's own painkillers, called endorphins, into your system. Relaxation techniques also help you gain a sense of emotional well-being and reduce stress. Although experts say that some stress is good for you – it can sharpen your senses and your mind – too much stress is bad for your mental and physical health.



Progressive muscle relaxation

Step 1: Close your office door and sit in a comfortable chair. You can play some soothing, relaxing music if you'd like.

Step 2: Rest your hands in your lap with your feet on the floor. Make yourself as comfortable as possible.

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