



# The Customer Communicator Web Extra



## Use yoga to reduce workplace stress

Michaeline Kiss, author of *Yoga at Your Desk* ([www.CustomerServiceGroup.com](http://www.CustomerServiceGroup.com)) and a yoga instructor who has conducted classes and training sessions at major corporations throughout the U.S., suggests that some very simple yoga practices can be among the best stress management techniques available.

Try these exercises right at your desk:

■ **Neck circles.** This is to release tension in the neck. Drop your head forward and circle to the left, leading with the crown of the head. Continue the circle until you reach the starting point. Do three circles to the left and then three circles to the right. To end the exercise, raise your chin until it is level with the floor.

■ **Eye circles.** This will help your eyes to relax after staring too long at your computer monitor. Throughout this exercise, keep your head stable and move only your eyes. Roll your eyes up as if looking at the ceiling, then circle to the left, down, right, and back to the ceiling. Return your eyes to the center and blink twice. Reverse the circle to the right, ending again with two blinks.

■ **Changing focus.** Look down at the tip of your nose, then look over the top of your monitor. Lengthen your neck and turn your head left to look over your left shoulder, return to center, turn your head right to look over your right shoulder, and return to center. Blink twice.

If you don't have time for that exercise, Kiss says, you can relax your eyes simply by looking away from your monitor for a moment and focusing briefly on something else. Blink your eyes and then return to your work.

