13 WAYS TO RELIEVE STRESS
IN A STRAIGHT BACK CHAIR

1. Extend the chin, drop it to the chest. Try to pull the chin to the sternum. Chin up, return to neutral.

2. Look up first with the eyes. Let the chin follow. Stretch the neck. Return to neutral.

3. Extend the chin, drop it to the chest. Turn eyes and head to the right side. Bring head to neutral.

4. Extend the chin, drop it to the chest. Turn eyes and head to the left side. Bring head to neutral.

5. Keeping head at neutral, turn head to right. Count to ten. Return to neutral.

6. Keeping head at neutral, turn head to left. Count to ten. Return to neutral.

7. Lean forward in chair. Pull the shoulders down, and then squeeze them back for fifteen seconds. Return to neutral sitting position.

8. Lift elbows, put fingers at your ears. Squeeze shoulder blades together for fifteen seconds. Return to neutral sitting position.


10. Sit tall in the chair, feel flat on the floor. Lift shoulders to your ears for fifteen seconds. Return to neutral sitting position.

11. Sit tall in the chair, feet flat on the floor. Press down with both hands at your side for fifteen seconds. Return to the neutral sitting position.

12. Sit tall in the chair, extend hands diagonally back. Press back for fifteen seconds. Return to the neutral sitting position.

13. Sit tall in the chair. Reach diagonally across and up with the right hand. Alternate arms. Return to the neutral sitting position.

Source: Sylvan Lawson, Associate Professor of Physical Education, Austin College, 1993.