

**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.
9. Grasp hands in front.
Stretch and round shoulders for
fifteen seconds.
Push away from that table.
Return to 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.