13 Ways to De-stress at Work

in 10 minutes or less

TIP: Keep this list on your desktop so you can take a moment to relax and re-energize anytime!

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hello there!

It is a pleasure to share this guide with you to help you bring simple yet effective ways to calm down the nervous system and replenish and refocus you throughout your day.

I aim to provide you with simple techniques that you can incorporate into your daily routine, wherever you are and whatever you are doing.

It is possible to create small pockets of relaxation and calm using our breath and our senses- Two powerful resources you can access at all times.

I hope these techniques will serve you as much as they have served me over the years!

If you would like more ideas and tips to relieve stress and create greater relaxation in your life and work, please reach out to me at frida@fridaasoerensen.com.

I would love to know how you go using this guide! I'd also welcome any feedback you might have or suggestions for creating more resources for you in the future!

Frida xx

Mindfulness &
Meditation Coaching

13 Ways to Relax at Work

IN 10 MINUTES OR LESS

1 Quick "shake" at your desk.

Click Here for a demonstration of the shaking method by Kim Eng.

Shake out your arms, hands, legs, torso, hips, shoulders. Breath deeply as you shake or let out as many sighs you need through the mouth.

2 Go for a Mindful Walk.

Tune into your senses as you walk: notice your feet as they touch the ground & how your body moves.

Pay attention to what you're seeing & hearing around you. See if you can spot things you haven't noticed before. Breathe!

3 Dance it out.

I cannot tell you how valuable this practice is to me! Put on any energizing song that gets your body moving.

Feel the tension release and your energy shift as you move. Check out my go-to Get Energized Playlist on Spotify!

4 Self-massage.

Relieve headaches and tech neck pain with this gorgeous head & neck massage by Rachel Richards.

Why hold out for your monthly massage when you can give yourself one anytime you need it!

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5

Sound meditation Part 1.

Enjoy a few minutes of soothing music at your desk while taking in the sights of nature in this beautiful compilation. Sit in a comfortable seated position with a long spine.

Allow the calming music & scenery to wash over you, relaxing tense muscles as you gently breathe in and out.

6

Sound Meditation Part 2.

Music is incredibly healing and restorative.

I also recommend the beautiful music of Ludovico Einaudi, with your earphones on close your eyes for a moment, and breathe gently.

7

Remember to Breathe!

Check in with your breath and how you're feeling as often as you remember to.

Set a reminder on your phone or put up post-it notes reminding you to check in with your breath. You can choose to take 5-10 breaths each time you are reminded.

8 Body scan meditation.

Scan from head to toes noticing the parts of your body that feel tense.

As you exhale, visualize that you're letting go of tension in that body part.

9 3 Sighs

Take a breath through the nose. Open your mouth and release your breath through the mouth in a long audible sigh letting out all the air. Pause for 1-2 seconds at the end of your out-breath.

Repeat taking 2 more sighs. Sighing is great for relieving excess stress throughout the day.

10 Mindfully drink

a cup of tea or coffee. Take a couple of minutes to simply enjoy your drink. Tune into all senses as you feel the warmth on your hands, take in the aroma, gently bring your cup to your lips and savor the flavor and temperature before you swallow.

Sit in quiet gratitude for this little sensory pleasure in your day

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11

Declutter your workspace.

Take 5- 10 minutes to carefully declutter your work area.

This is an act of self-care at work! If there's still more to do after this, just allocate another 5-10 minutes tomorrow.

12

Shoulder & neck stretch.

Release neck and shoulder tension at your desk with this short practice. You can do this seated or standing.

13

Guided meditation

Put on a 3-10 minute guided meditation. Download the Insight Timer app to access 1000's of meditations for sleep, anxiety and stress.