



THE DESK & THE CHAIR

Feeling sore, tired, stiff or in pain from sitting at your chair and desk at work? Keep this little guide handy. In 5 minutes or fewer, you'll feel refreshed, energized and more comfortable.

ANSWER THESE QUESTIONS ONE BY ONE:

STEP
1

Have you moved in the past hour?

If not, take a stroll (even if it's just a mini victory lap around your chair, or a trip to get a glass of water. Your body will say ¡Gracias!

STEP
2

Can you sense your whole body?

If not, give yourself permission to feel more fully from head to toe. Allowing your awareness to widen into a full-dimensional experiencing of your body will dissipate any pain you feel.

Step
3

Are you allowing room for your breath to move through you?

If not, identify where you are stuck. Imagine your breath traveling into these places and let them release so the breath can move freely. Enjoy the sensation of your breath inhabiting your body.

Step
4

Can you sense your points of support?

If not, notice your feet (on the ground) and your sitting bones, which are under your butt (in the chair). These are your main points of contact, and taking a quick moment to feel the contact and support of the chair and the ground will make sitting more comfortable.

Step
5

Are you aware of your thoughts, and your bodily responses to them?

If not, and your thoughts are racing, intersperse a little mental space in between each idea or thought. That space is for your body to catch up and to register the thought fully in your senses.

Step
6

Are you slumping?

Wait, don't straighten up just yet (We know, our moms would kill us. Sigh.). Instead, come back to "thinking in activity." Remember that? Your activity is sitting, and you can send the message to lighten up and lengthen the spine as you do this activity.

Step
7

Are you 'working the whole room', visually?

If not--over-focusing has never helped anyone. Take a moment to let the whole room come to you by seeing a more wide expanse of it instead of zooming in on one spot (i.e. your computer). While you're at it, also take in the room with all your other senses, too.

Step
8

Are you comfortable?

If not, change it up. Bring your butt to the edge of your chair and use your natural support (your spine!), or move your butt all the way into the chair and use the back of the chair for support (you can still allow your spine to lengthen as you do this). Add any props as necessary, change your seating position as often as you like and voilà,

Still feeling challenged? Keep exploring what's happening in your body. Use your observations as a guide to help yourself, using the steps above. Steal away a little moment for yourself every now and then—I promise, nobody will notice.