

Title:

Stop Work Be More Productive And Kill Computer Related Stress

Word Count:

461

Summary:

stress management at the PC by simple relaxation techniques

Keywords:

computer related stress, stress relieving exercises, relaxation techniques, healthy computing

Article Body:

Sorry, computer related stress (CRI) will eventually harm you if you insist on slaving away no

- For starters, you need to take a five or ten minute break from working about once every hour
- Massaging your hands and forearms several times a day will improve circulation. You should work downwards from your head to your shoulders, pressing more firmly as you go on. You may want to use a stress ball for this.
- Try to work in a reasonably warm place. Your muscles must work harder if they become chilled.
- Do a few easy stress relieving exercises. Buy a stress ball - a huge variety are available. Another good stress relieving exercise is to slowly spread your hands out, making your fingers fan out. Finally, let your arms dangle by your sides and gently shake them out a few seconds. This will help to relax your muscles.
- While you are working, yawns every once in a while - with some jobs, this will come naturally.
- Continual focussing at one distance (the screen) soon tires your eye muscles. So while you are working, look away from the screen every now and then. Don't be pressured! If anyone queries you easing off every now and then, show them this article.

Healthy Computing 2006 and beyond!

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