Taking a moment for self-care can help you stay effective and calm on the job.

Relax Yourself

One by one, tense each muscle group in your body for 10 seconds and then release. Notice how it feels to let your muscles relax and have the tension leave your body.

The Science Behind Why This Works

We can hold tension and stress in our bodies. As this builds up, we can be more irritable and even more prone to physical injury. We need to release this tension to move more comfortably and accomplish our work. Actively relaxing our muscles can give us more energy, increase our flexibility, and help us feel calmer, which enables us to respond more effectively to demands.