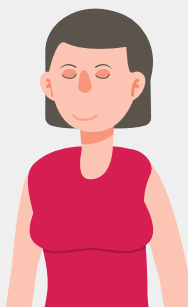


20  
feet



## STEP 1

Look into the distance for 20 seconds



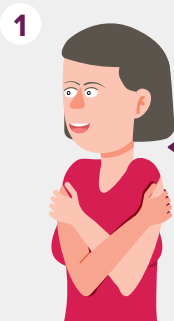
## STEP 2

Close your eyes for 20 seconds



## STEP 3

Give yourself a hug



## STEP 4

Turn to your right. Look left to right with your eyes only



## STEP 5

Return to the center



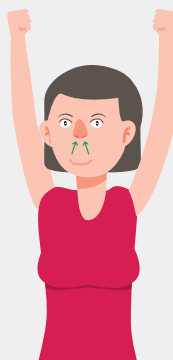
## STEP 6

Rotate to the left. Look left to right with your eyes only



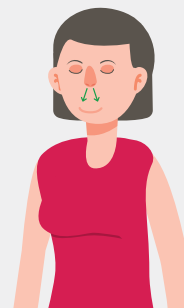
## STEP 7

Return to the center



## STEP 8

Take a deep breath and lift your hands overhead



## STEP 9

Slowly exhale and lower your arms at the same time

Try this every 1-2 hours throughout your work day