

## Five ways to relax at work

You may enjoy your job but every profession comes with moments that make you want to tear your hair out. Here's how to relax at work:

- **Spare some time for yourself**

Schedule around 10 to 15 minutes only for yourself. Take a break from work and utilise this time to walk around the building, grab a cup of coffee or sit quietly in a private spot.

- **Soothe your senses**

Lavender is a herb that has long been praised for its soothing scent. Keep a bottle or sachet of lavender essential oil at your desk and breathe deeply.

- **Pamper your hands**

Midway through the day, give your hands a massage with a soothing lotion. Not only will your skin feel good, but your joints and ligaments will thank you too. Also, make sure your keyboard and chair are in correct positions to avoid any kind of pain or discomfort.

- **Meditate at your desk**

Perform a mini meditation. Download your favourite music onto your iPod and spend at least five minutes focusing on your breath.

- **Stop being a complaint box**

Once you leave office, try and focus on life outside work and what makes you happy. If you really wish to vent out your day's stress to your spouse or friends, limit the nagging to 10 minutes. Do not go on and on about it. Your blood pressure will thank you.