Feeling Stressed?

To reduce stress and prevent fatigue, it is important to take mini-breaks throughout the day. Working at a computer can be hypnotic, and often you don't realize how long you've been working and how much you've been using your keyboard & mouse.

For a quick pick-me-up, breathe deeply several times by inhaling through your nose and exhaling through your mouth. In addition, always try to eat your lunch somewhere other than your desk.

Practice the following:

**Eye breaks** – looking at a computer screen for a while causes some changes in how the eyes work, causes you to blink less often, and exposes more of the eye surface to the air. Every 15 minutes you should briefly look away from the screen for a minute or two to a more distant scene, preferably something more than 20 feet away. This lets the muscles inside the eye relax. Also, blink your eyes rapidly for a few seconds. This refreshes the tear film and clears dust from the eye surface.

**Micro-breaks** – most typing is done in bursts rather than continuously. Between these bursts of activity you should rest your hands in a relaxed, flat, straight posture. During a micro-break (< 2 minutes) you can briefly stretch, stand up, move around, or do a different work task (e.g. make a phone call). A micro-break isn't necessarily a break from work, but it's a break from the use of a particular set of muscles that's doing most of the work (e.g. the finger flexors if you're doing a lot of typing).

**Rest breaks** – every 30 to 60 minutes you should take a brief rest break. During this break stand up, move around and do something else. This allows you to rest and exercise different muscles so that you'll feel less tired.

Did you know that UTSA provides a FREE Wellness Program for ALL Faculty & Staff? For more information on stress relieving ideas contact the UTSA Wellness Coordinator at 6102 or wellness@utsa.edu