

## 3 Tips to Relieve Back Pain at Your Desk

Your body is strong and resilient. If you're experiencing pain, the suggestions below can offer relief.

### 1. Relax your muscles.

Take a moment to notice which areas of your body are holding tension (e.g. neck, shoulders, head, etc.). Then, take 3 deep breaths and relax that area of your body.

### 2. Sit taller.

Slouching isn't inherently bad but it can be helpful to periodically find a taller position if you tend to hunch over your desk.

### 3. Change your position more often.

This is as simple as standing up or stretching your arms towards the ceiling. Your body is built to move.

Back pain can be difficult, but movement is medicine. Your body can get through this!



Need more help with your back pain?

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