

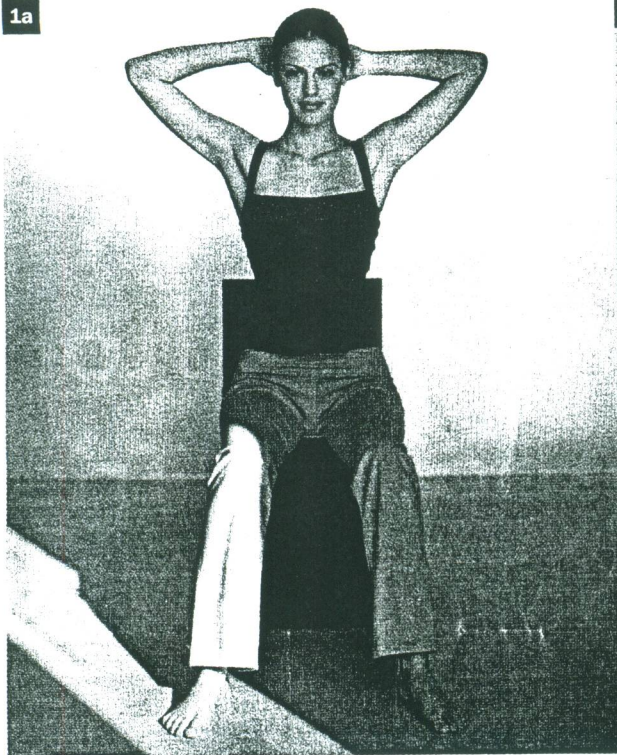
# Two-Minute Tension Relief

All it takes: A momentary break. What you do: Torso rotations and shoulder stretches on both sides.

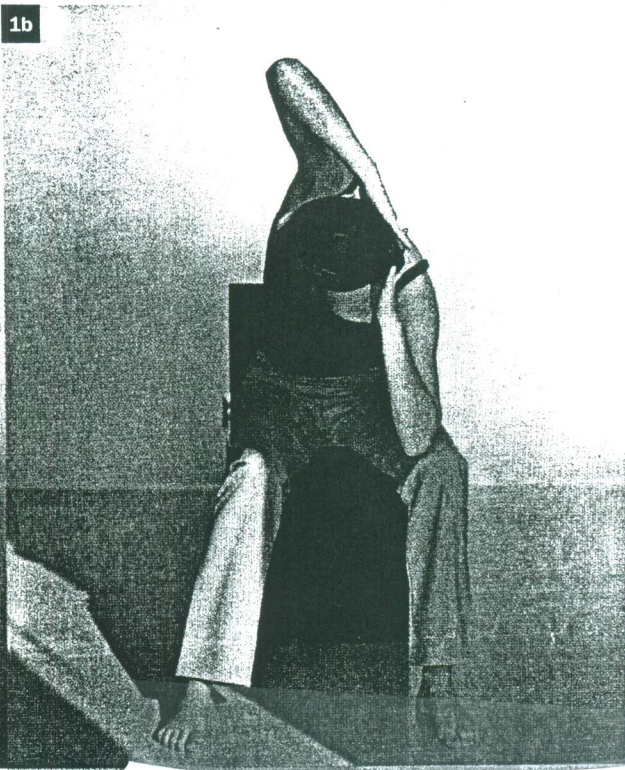
After two minutes: Tension and stiffness will seep out of your upper body. If you do it daily:

You'll be more alert to when you're harboring stress in your shoulders, back, and neck—and able to relieve it quickly.

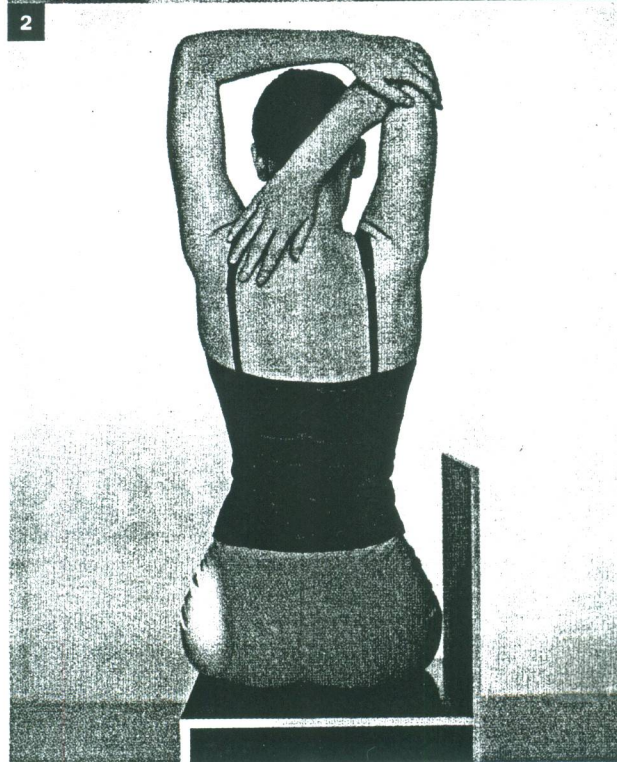
1a



1b



2



1

## Torso Rotation

Sit on a chair with your feet apart and flat on the floor. Loosely clasp your hands behind your head with elbow out (1a). Keeping your back straight, rotate your torso until your right elbow points at the ceiling and your left elbow rests on the inside of your left knee (1b). Breathe deeply; with each exhale you'll find you can rotate a little farther. Work the stretch for at least 15 seconds. Return to the starting position. Repeat on the other side.

2

## Shoulder Stretch

From the same sitting position, raise your arms, drop your right hand behind your left shoulder, and take hold of your right elbow with your left hand. Gently pull your elbow toward the back of your head stopping when the resistance builds. Feel the stretch in your upper arm, shoulder, and side. Take slow full breaths while holding the stretch for 15 or more seconds. Repeat on the other side.

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