

- Office Stretches Series: <http://www.mayoclinic.com/health/office-stretches/MY00921>
 - ❖ Neck: <http://www.mayoclinic.com/health/neck-stretches/MM00708>
 - ❖ Forearm: <http://www.mayoclinic.com/health/forearm-stretches/MM00709>
 - ❖ Upper Body: <http://www.mayoclinic.com/health/shoulder-stretches/MM00710>
 - ❖ Seated Stretch: <http://www.mayoclinic.com/health/lower-back-stretches/MM00711>
 - ❖ Standing Stretch: <http://www.mayoclinic.com/health/lower-back-stretches/MM00712>

- Slide Shows
 - ❖ Office Stretches: <http://www.mayoclinic.com/health/stretching/WL00030>
 - ❖ Major Muscle Groups: <http://www.mayoclinic.com/health/stretching/SM00043>

- Other stress reducers
 - ❖ Relaxation and deep breathing video
 - <http://www.mayoclinic.com/health/meditation/MM00623>
 - ❖ Yoga for Stress Management
 - <http://www.mayoclinic.com/health/yoga/MM00650>