

DESK RESET / START HERE

One day. Two pauses.

Each day has two workday moments. All the pictures and steps you need are on that day's page.



1 Start with Day 1.

Read the three pictured steps before trying them.

2 Pause at the two suggested moments.

Try A when its moment arrives. Try B later. Each pause is a complete sequence.

3 Mark what you tried.

Skip anything unsuitable. Missed a day? Continue when you can.

Use comfortable movements. Stop if you feel pain, tingling or dizziness. Follow your usual movement limits.

DESK RESET / DAY 02

Before the meeting

Back-to-back calls? Take a moment off-screen between them.

A Before you join a meeting

Look away from the screen / about 30 seconds



1 Stop typing.
Rest hands on
your thighs.



2 Rest against
the backrest, feet
supported.



3 Look across the
room. Breathe
normally.

Easier: rest your hands; look away only if comfortable.

B After the meeting ends

Rest your hands / about 20 seconds



1 Stop typing.
Rest hands on
your thighs.



2 Rest against
the backrest, feet
supported.



3 Let your
shoulders relax.
Pause here.

Easier: stay in your usual comfortable seat; rest your hands.

☐ Tried A

7-Day Desk Reset

☐ Tried B