



Mission In Motion

Health & Wellness Weekly Bulletin
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Help your back by reducing stress

When you're under stress, your muscles tense up, and this can increase your chance of a back injury. Plus, the more stressed out you become, the lower your pain tolerance becomes, so you can really begin to feel the effects. Try to lower your stress—both on the job and at home. Look for ways to relieve tension, like deep breathing exercises or walking during your breaks at work.

Source: Mayo clinic



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