

Low-Stress Computing

Ralph STRAUCH

Awareness Through Movement Lessons, Excessive Effort, Poor Body Organization, Lack of Self-Awareness, Synergies between Sources of Stress, Reducing Behavioural Stress, Somatic Exploration, etc.

Low-Stress Computing

*using awareness to avoid RSI
A Feldenkrais Perspective*

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*Part 1: Reducing Behavioural Stress
Preliminary Edition*