



Stretching For STRESS RELIEF

Breathe

Focusing on your breathing is relaxing and restorative.

- 1 Take a minute or two.
- 2 Close your eyes and focus on your breath.
- 3 Inhale through your nose. Now, exhale through your mouth.
- 4 Repeat 10 times, for a set. Do three sets.



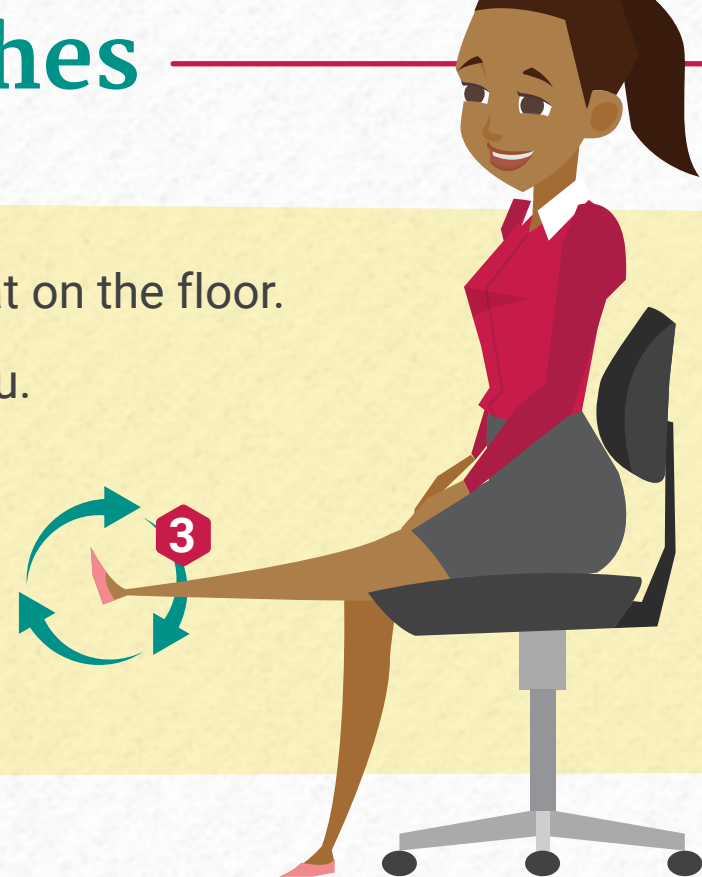
Arm Stretches



- 1 Sit up straight in your chair with both feet on the floor about shoulder-width apart.
- 2 Interlock your fingers and stretch your arms straight out in front of you.
- 3 Rotate your wrists so your palms face away from your body.
- 4 Hold this stretch for 10 seconds, then raise your arms over your head, hold for 10 seconds. Repeat three times.

Leg Stretches

- 1 Sit up straight in your chair with your feet flat on the floor.
- 2 Raise one leg and straighten it in front of you.
- 3 Hold for 10 seconds while rotating your ankle to the left and then to the right.
- 4 Repeat with the other leg. Do 5 repetitions with each leg.



Lower Back Stretches



- 1 Sit up straight in your chair with your feet flat on the floor.
- 2 Lean forward and try to grab your ankles with both hands.
- 3 Feel the stretch in your lower back.
- 4 Hold for 10 seconds and repeat three times.

Neck Rolls

- 1 On the edge of your seat, keep your spine upright and shoulders rolling back.
- 2 As you inhale, stretch your head back gently and on your exhale softly allow your head to rotate forwards.
- 3 Keep this slow rotational movement all in one direction five times and then softly repeat in the opposite direction.



Shoulder Stretch



- 1 Sit up straight in your chair, with your feet flat on the floor.
- 2 Roll shoulders up, then back, then down in a fluid motion.
- 3 Repeat this movement about 10 times, then reverse it, rolling forward about 10 times.

Chin Tuck

- 1 Assume correct sitting position with a straight back and feet on the ground.
- 2 Look straight forward while lowering your chin to your chest. Hold this stretch for 30 seconds.
- 3 You should feel tension in the back of your neck. Relax and slowly return to the starting position.



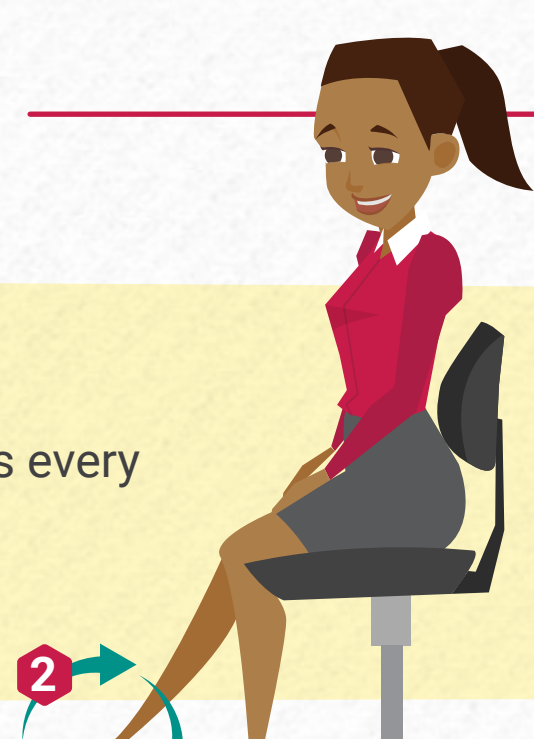
Standing Thigh Stretch



- 1 Stand up straight, placing one hand on a chair or desk for stability.
- 2 Grab one of your ankles — or your pant leg — and bring it up toward your buttock.
- 3 Remember to maintain an upright position, keeping your back straight and your knees parallel to one another.
- 4 Hold the stretch for 30 seconds. You'll feel tension in the front of your thigh.
- 5 Relax and slowly return to the starting position. Repeat the stretch with your other leg.

Ankle Circles

- 1 Lift one foot slightly off the ground.
- 2 Gently roll your ankle in a circle changing directions every couple of rolls.
- 3 Repeat on the other side.



Calf Raises



- 1 Stand with your feet a couple inches apart.
- 2 Raise your heels so you're standing on your tip toes.
- 3 Hold for a couple seconds then lower back down feeling the stretch in your calves and waking up your legs.

Benefits of Stretching

- ✓ Release stress and tension
- ✓ Boost mood and energy levels
- ✓ Improve work performance
- ✓ Relieve/reduce headaches and neck pain
- ✓ Strengthen muscles and joints
- ✓ Ease pain and stiffness
- ✓ Promote good circulation