

MORNING STRETCHES

SELF-CARE GUIDE

<p>Neck Stretch</p> 	<ol style="list-style-type: none"> 1. Sit or stand up straight. 2. Tilt your head towards your right shoulder, holding for 15-30 seconds. 3. Repeat on the left side. <p>Benefits: Relieves tension in the neck and shoulders.</p>
<p>Shoulder Rolls</p> 	<ol style="list-style-type: none"> 1. Sit or stand up straight. 2. Roll your shoulders forward in a circular motion for 10-15 seconds. 3. Then, roll your shoulders backward for 10-15 seconds. <p>Benefits: Reduces shoulder tension and improves posture.</p>
<p>Cat-Cow Stretch</p> 	<ol style="list-style-type: none"> 1. Get on your hands and knees. 2. Inhale, arch your back and look up (Cow Pose). 3. Exhale, round your back and tuck your chin (Cat Pose). Repeat for 1-2 minutes. <p>Benefits: Increases flexibility in the spine and relieves back tension.</p>
<p>Seated Forward Bend</p> 	<ol style="list-style-type: none"> 1. Sit on the floor with your legs straight in front of you. 2. Inhale, lengthen your spine, and reach forward towards your toes. 3. Hold for 15-30 seconds, breathing deeply. <p>Benefits: Stretches the hamstrings and lower back.</p>
<p>Standing Quad Stretch</p> 	<ol style="list-style-type: none"> 1. Stand on one leg, hold onto a chair for balance if needed. 2. Bend your other knee and grab your ankle, pulling it towards your glutes. 3. Hold for 15-30 seconds, then switch legs. <p>Benefits: Stretches the quadriceps and improves balance.</p>

