

HANDOUT 01 | MOVEMENT

MOVE THROUGH STRESS

Stress can show up in the body. Gentle movement can be one way to release tension, shift your attention, and support your overall well-being.

WHY MOVEMENT CAN HELP

Stress is physical, too. Tight muscles, restless energy, shallow breathing, and feeling 'stuck' can all accompany stress.

Movement gives that energy somewhere to go. It does not have to be intense or look like a traditional workout.

Small doses count. A short walk, stretching, dancing to one song, or a few minutes outside can still be meaningful.

MEET YOUR ENERGY WHERE IT IS

LOW ENERGY

Stretch in bed
Walk to the mailbox
Shoulder + neck rolls

SOME ENERGY

10-minute walk
Gentle yoga
Put on one song + move

MORE ENERGY

Brisk walk
Strength workout
Bike, swim, dance

TRY THIS THIS WEEK

- Take one 10-minute walk.
- Stretch for 2 minutes between tasks.
- Spend a few minutes moving outside.
- Choose movement because it supports you - not because you need to 'earn' rest or food.

ONE KIND OF MOVEMENT THAT FEELS REALISTIC FOR ME RIGHT NOW:

Small steps still count. | broknopen.com

Educational resource only. It is not a substitute for individualized medical or mental health care.