

Easy 5 Minute Movements You Can Do at Work to Relieve Stress and Support Your Health

STRATEGIES FOR SUCCESS

1. While at work set your alarm every hour to remind yourself to take a break to do these easy 5 minute exercises for your health and wellbeing.
2. Relaxation builds strength. You will get the best out of doing these movements by being relaxed – breathe peacefully and move to the point before you feel any pain or uncomfortable stretching.
3. Every time you think of and begin moving during the day praise yourself for taking the time to invest in your health now.

Note: one full breath is breathing in and out at your own peaceful pace.

1. MOVING YOUR HEAD

- While sitting or standing gently bend your head/chin toward your chest for one full breath, then gently bend your head/chin toward your back for one full breath.
- Turn your head gently to the right for one full breath, then turn your head gently to the left for one full breath.
- Stretch your right ear gently to your right shoulder for one breath, then stretch your left ear gently to your left shoulder for one breath.
- Roll your head gently to the right in a circle, then roll your head gently to the left in a circle.
- Repeat each of these 4 to 10 times.

2. MOVING YOUR SHOULDERS

- While sitting or standing gently roll your shoulders up, back, down and forward in a continuous circular motion. Repeat 4 to 10 times.

3. MOVING YOUR ARMS

- While sitting or standing exhale and gently reach out your arms, hands, and fingers all the way out in front of you at shoulder height. Then inhale and curl your fingers into a loose fist and gently pull your fists back toward you while bending your elbows until your hands are close to your shoulders. Repeat this 4 to 10 times.
- While sitting or standing inhale and gently reach both arms, hands and fingers straight up over your head, then curl your fingers into a loose fist, exhale and while gently bending your arms pull your loose fists towards the sides of your shoulders. Repeat this 4 to 10 times.

4. MOVING YOUR LEGS

- While sitting or standing gently bend and pull your right knee up with both hands towards your chest for one full breath, then gently bend and pull your left knee up with both hands towards your chest for one full breath. If sitting you can also gently bring in both knees towards your chest. Repeat this 4 to 10 times. If standing you may need a chair or ledge to hold on to with one hand for balance.
- Get up and walk around for 1 to 2 minutes while inhaling and exhaling peacefully without other distractions. If accessible walk up and down some stairs and go outside for some fresh air.

5. MOVING YOUR TORSO, WRISTS, ANKLES, AND FINGERS

- While sitting turn your torso, shoulders, and head gently to the left and take both hands and gently secure them on the outside of your left knee and thigh (to help you turn and stay turned if needed) for one full breath. Then do the same on the right side. Repeat 4 to 10 times.
- While sitting or standing make a loose fist with both hands and roll your wrists clockwise and then counterclockwise each 4 to 10 times and remember to breathe peacefully.
- While sitting or standing lift your right foot slightly off the ground and roll your right ankle clockwise and then counterclockwise 4 to 10 times each direction and breathe peacefully. Then do the same for the left ankle. If standing you may need a chair or ledge to hold one to for balance.
- Hold both hands out front of you and spread out your fingers. Then bring your fingers in to your hand and back out like you are kneading dough. Repeat 4 to 10 times.

Benefits, Research, and Resources of Movement

Helps reduce stress
Supports cells, tissues, bones, joints and muscles
Helps balance hormones
Supports brain function
Reduces inflammation
Increases lymph flow
Improves cardiovascular function
(NTA, Stress, Sleep, Movement Student Guide, 2019)

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