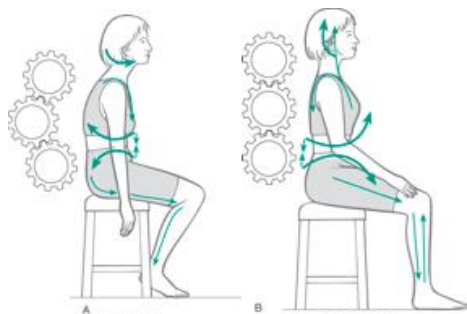




Stretches at your desk!

Hi everyone,

We thought this resource might help us all take a moment for ourselves in our busy workdays. Hopefully this helps you feel more energised. If you like the idea, there are links to some other videos and documents you can use!



Why do stretches at your desk?

Benefits include:

- Decreases tension and stress
- Improves circulation
- Increases energy
- Boosts memory

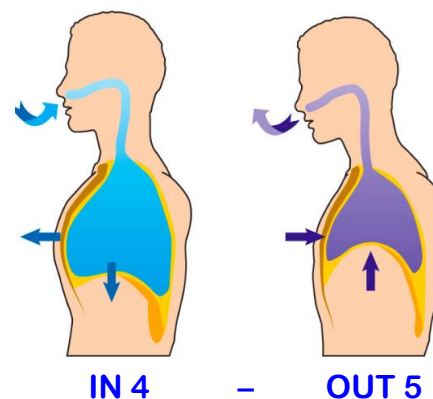


Best wishes,
Working 4 Wellness Team!

2 Top Tips for all stretching!

#1 Breathe in slowly for 4 counts and out for 5 counts.

#2 Lean into the stretch as you exhale.



3 Quick Stretches for any time, any place!



Straighten your spine.

Roll your shoulders back and down as you inhale.

Lean your head slowly to the side.

Reach your hand over and

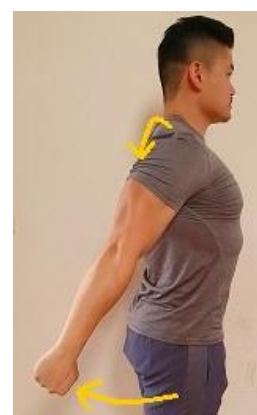


Square your feet and straighten your spine.

Roll your shoulders back and down as you inhale.

Bring your hands together behind your back.

Open your chest and push your



Roll your shoulders back and down as you inhale.

Straighten your shoulder blades.

Link your arms behind your back.

Lean slowly



Mindfulness

Many people choose to practice mindfulness while stretching. Here are some tips:

- Focus on your breathing and try to clear your mind
- Do a 'body scan': breathe deeply and focus one by one on each body part
- Think of one thing you are grateful for or excited about

A complete guide to desk stretching:



Stress Awareness

Scan your body from head to toe for tension, especially forehead, jaw, neck, shoulders, belly & lower back. Take 3 breaths releasing each stuck area. Practice frequently. **Seated or standing**



One Minute Meditation

Sit, close your eyes, and let your energy settle down while you breathe. Notice what's on your mind and let it go by finding the calm space in between your thoughts. **Seated or standing**

One Breath

Take the deepest breath you can, expanding belly, rib cage & chest. Exhale powerfully, opening mouth in a big yawn to release jaw tension. **Seated, standing or walking**



How To Sit

Periodically sit upright engaging full spine, roll shoulders back and broaden chest. Chin is parallel to floor and ankles are under knees. **Seated**



Goal Post Arms

With hands up and elbows bent, sit up straight and try to meet elbows behind your back. Then cross elbows in front, alternating which is on top. Repeat. Spine should flex forward & back. **Seated**



Upper Body Stretch

Sit upright, roll shoulders back and broaden chest. Interlace hands behind your back (or hold opposite elbows). Breathe with chest forward and hands backwards. **Seated or standing**

Shoulder Stretch

Reach overhead and place hand between shoulder blades. Use other hand to pull on elbow. Relax neck. Repeat on other side. **Seated, standing or walking**



Seated Twist

Sit upright and turn the shoulders to the side of your chair, then hold arm rest, chair back or anchor hand on knee. Hold twist. Repeat on other side. **Seated**



Happy Legs

Sit upright with ankles on floor under knees. Lift knee straight up 4x. Extend leg 4x. Rotate ankle in both directions. **Seated or standing**



Rag Doll

While seated, let the upper body fold onto the thighs. Head is hanging, arms are hanging or resting on legs. Soften body & face on exhales. **Seated or standing**

Chop Wood

Stand and interlace fingers overhead. Straighten arms. Exhale & lower arms powerfully down to hips. Inhale arms up swiftly. Repeat 8x to relieve stress and loosen shoulders. **Seated or standing**



Rolling Lunges

Place both hands on wall and stand in a lunge with one leg back and front knee forward. Alternate bending front knee & straightening leg while lifting toes. Rock forward & back. Option for wall push-ups. **Standing**



Thigh Stretch

Stand and hold onto wall, desk or chair (or freestand to practice balance). Take an ankle in one hand and pull back until you feel thigh stretching. Repeat on other side. **Standing**



Side Stretch

Stand sideways to wall and place one hand on wall at shoulder height. Reach free arm overhead, extending ribcage, trying to make hands meet. Repeat on other side. **Seated or standing**

Other resources:

Try youtube videos such as:

<https://www.youtube.com/watch?v=tAUf7aajBWE>

PDF – Desk Stretching Pamphlet, with images and instructions

https://f.hubspotusercontent20.net/hubfs/1668870/Employer%20Resource%20Hub/InnergyCorporateYoga_10BestYogaPosesAtYourDesk.pdf