

STRESS BUSTERS

Simple exercises to relieve body tension

STANDING

1. Deep Breaths

Take 2-4 deep breaths in through your nose, hold for several seconds and blow out through your mouth with a gentle hiss.

2. Head Rolls

Drop your head forward and let it hang. Slowly roll to the right and then to the left, making several circles in both directions

3. Reach for the Sky

Stretch your arms up to the sky, raise up on your tiptoes, reach with the right arm and then the left.

4. Touch Toes

Bend over and gently swing down to touch your toes. (Alternate 3 & 4 several times).

5. Shoulder Rolls

Relax your shoulders, let them hang loose. Slowly rotate first the right then the left (both forward and backward several circles).

6. Shake

Relax, drop your arms to the side and shake all over. Imagine that you are shaking all of the stress out of your body.

SITTING

1. Deep Breaths

Take 2-4 deep breaths in through your nose, hold for several seconds and blow out through your mouth with a gentle hiss.

2. Head Rolls

Drop your head forward and let it hang. Slowly roll to the right and then to the left, making several circles in both directions.

3. Shoulder Rolls

Relax your shoulders, let them hang loose. Slowly rotate first the right then the left (both forward and backward several circles).

4. Massage Face

Start in center of forehead with both hands, work out to temples then around eyes to bridge of nose. Repeat several times.

5. Rowing

Sit with feet flat on floor. First reach down and touch your toes then straighten up moving your arms as if you were rowing a boat. Hold your arms at shoulder level and arch your back. Inhale as you pull up and exhale as you bend forward. Repeat several times.

6. Stretch

Sit up straight with your stomach pulled in. Clasp your hands together and place on your head. Breathe in as you reach up and breathe out as you put your hands back on your head. Repeat several times.

7. Touch Toes

Sit at the edge of your chair. Stretch your legs out straight in front of you. Gently bend down to touch your toes - hold - then sit up. Repeat several times.

8. Shrugging

Sit back in your chair. Let your arms hang loosely to the side. Straighten your back. Shrug your shoulders up toward your ears. Hold and release. Relax completely. Repeat several times - then sit quietly, feeling limp and relaxed for a time before returning to your work.

These exercises will do several things for you:

1. Enhance circulation
2. Reduce muscle tension
3. Increase oxygen in the blood stream
4. Help you focus your attention
5. Improve concentration