

STRESS RELIEF STRETCHES

PRACTICE THESE FOR IMMEDIATE RELIEF AND THROUGHOUT THE DAY.
EVEN 1 MINUTE CAN BE EFFECTIVE IN REDUCING THE EFFECTS OF STRESS.

A simple way to harmonize mental stress is to **BREATHE** and increase blood and oxygen circulation. Stretching tight and overworked muscles alleviates stress in the body and mind. Practice a minute of relaxed breathing before you stretch and always initiate your stretch on the EXHALE. Be mindful not to over-stretch already taxed muscles. Listen to your body and you will feel how far you can go. Stress can accumulate quickly. The more frequently you stretch, the less buildup you will have. To practice these stretches, hold for 10-15 seconds and repeat.

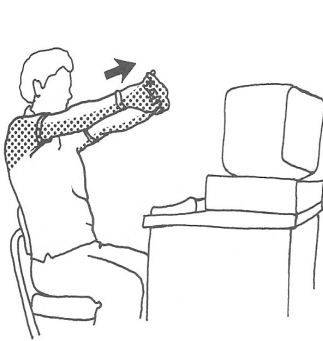


Fig 1. UPPER BACK
Interlace fingers and straighten arms in front of you with palms facing out.



Fig 2. CHEST/NECK
Interlace fingers behind you and straighten arms away from you. Bring head back and look up at the ceiling.

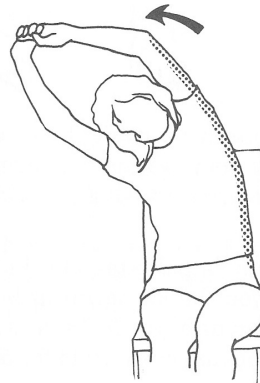


Fig 3. SIDE BODY/ARM
Bring your left arm up and over to the right side. Hold your left hand with your right hand and gently pull to the side. Switch sides.

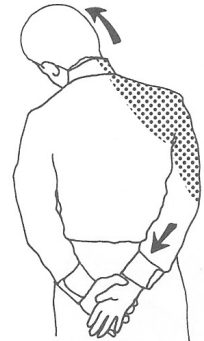


Fig 4. NECK
Drop your right arm behind your back and your left hand gently pulls your right arm down and across. Lean your head towards your left shoulder. Switch sides.



Fig 5. HIPS
Cross your right ankle over your left knee and press your right hand down to bring the right knee parallel to the ground. Slowly lean forward bending from the hips. Switch sides.



Fig 6. HIPS
Cross your left leg over your right leg. Press the outer left leg with your right hand and hold the chair with your left hand. Twist to the left. Switch sides.

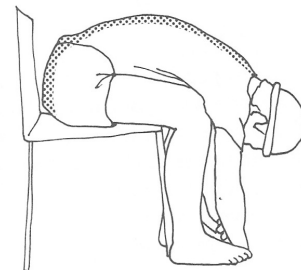


Fig 7. LOWER BACK
Lean forward and drop your arms towards the floor. Your chest can rest on your lap or you can drop your arms between your legs for a deeper stretch.