

MINDFULNESS PRACTICE

Desk Stretches

Stretching is a safe and useful activity that can help improve overall flexibility, coordination, balance, and awareness. When done in a slow and focused manner an extended stretching routine can be an excellent relaxation method and stress reducer. Best of all they can be done right from your desk!



NECK STRETCH

Put your right ear to your right shoulder. Put your right hand on your head for extra stretch. Hold for 10 seconds. Left ear to left shoulder. Left hand to head for extra stretch. Hold for 10 seconds.



SHOULDER STRETCH

Put your right arm across your body and hold with your left arm. Hold for 10 seconds. Repeat on other side: put left arm across body and hold with right arm. Hold for 10 seconds.

BACK STRETCH

Put both hands on the left side of your seat. Slowly twist your shoulders to the left. Hold for 10 seconds. Put both hands on the right side of your seat. Slowly twist your shoulders to the right. Hold for 10 seconds.



FEET / LEGS

Lift your toes towards the ceiling. Point your toes. Alternate pointing and flexing. Roll each ankle to the right. Roll each ankle to the left.

