WELL-BEING BREAK: BREATHING & STRETCHING EXERCISES

BREATHING EXERCISES ARE A GOOD WAY TO RELAX, REDUCE TENSION AND RELIEVE STRESS.

DEEP BREATHING/ABDOMINAL BREATHING TECHNIQUE

• Find a quiet place and get comfortable.
• Breathe in through your nose. Let your stomach fill with air.
• Breathe out through your nose.
• Place one hand on your stomach and the other hand on your chest.
• As you breathe in, feel your stomach rise. As you breathe out, feel your stomach lower.
• The hand on your stomach should move more than the one that’s on your chest.
• Breathe fully into your stomach as it rises and falls with your breath.
• Do this breathing 3 to 10 times.

DEEP BREATHING INCREASES THE SUPPLY OF OXYGEN TO YOUR BRAIN AND PROMOTES A STATE OF CALMNESS.

Source: www.lifeworks.com

WELL-BEING BREAKS:

- Support our Better Tomorrow 2025 commitment
- Bring physical activity and mental balance into the work environment
- Reinforce our culture of health and well-being
- Require only 5-10 minutes
- Can take place anywhere
- Help us stay active & thrive

BREATHING EXERCISES ARE A GOOD WAY TO RELAX, REDUCE TENSION AND RELIEVE STRESS.

DEEP BREATHING/ABDOMINAL BREATHING TECHNIQUE

• Find a quiet place and get comfortable.
• Breathe in through your nose. Let your stomach fill with air.
• Breathe out through your nose.
• Place one hand on your stomach and the other hand on your chest.
• As you breathe in, feel your stomach rise. As you breathe out, feel your stomach lower.
• The hand on your stomach should move more than the one that’s on your chest.
• Breathe fully into your stomach as it rises and falls with your breath.
• Do this breathing 3 to 10 times.

Source: www.lifeworks.com
STRETCHING EXERCISES

STANDING FORWARD BEND
- Slowly bend forward at the hips with your back straight and your legs with a slight bend in the knee.
- Grab behind your legs and pull your chest toward your thighs until you feel a stretch in your hamstrings.
- Relax your head and neck in this position and hold for 10 breaths. Come up slowly and repeat as necessary.

SPINE STRETCHING
- Hold onto the steering wheel with your hands at 10:00 and 2:00.
- Round your back.
- By doing this, you’re stretching the area in between the shoulder blades and mid-back. Take a breath here and then release.

HIP STRETCH
- Sit up in your chair with your feet flat on the floor.
- Cross one ankle over the opposite knee.
- Use your hand for assistance to press into the knee until you feel a slight stretch.
- Hold for 10 breaths. Try slowly moving your hips forward and backward to bring the stretch to different parts of your hips. Repeat on the other side.

CHEST OPENER
- Sit or stand up straight.
- Interlock your fingers behind your back, straighten your arms and lift your hands away from your body until you feel a slight stretch in your chest.
- Focus on squeezing your shoulder blades together and pulling your shoulders down and back.

TENSION-TACKLING NECK HOLDS
- Relax your shoulders and breathe.
- Drop head forward and roll to left shoulder, stopping when you feel mild tension.
- Hold for 10-15 seconds. Repeat on the other side.

STANDING QUAD STRETCH
- Stand up straight with feet shoulder-width apart, face forward and hold onto something for balance.
- Reach behind to grab your left foot with your left hand, wrapping your fingers around the top of your shoe. Keep your thighs lined up next to each other and your left leg in line with the hip until you feel a stretch in your quad.
- Hold for 10 breaths and repeat.

STRETCHING HELPS YOU PROMOTE THE HEALTH OF YOUR JOINTS, LIGAMENTS AND MUSCLES.

IT IMPROVES CIRCULATION, DECREASES STRESS AND HELPS AVOID EXERCISE-RELATED INJURIES.

STRETCHING ALSO HELPS TO PREVENT DISABLING OSTEOARTHRITIS.

STRETCHING EXERCISES

STRETCHING HELPS YOU PROMOTE THE HEALTH OF YOUR JOINTS, LIGAMENTS AND MUSCLES.

IT IMPROVES CIRCULATION, DECREASES STRESS AND HELPS AVOID EXERCISE-RELATED INJURIES.

STRETCHING ALSO HELPS TO PREVENT DISABLING OSTEOARTHRITIS.