

Stretching and Relaxation



Long hours at a desk can lead to physical tension and decreased focus. Incorporating quick stretching and relaxation exercises into your daily routine can contribute to a healthier and more energized workday.

BENEFITS

- Improved flexibility and posture.
- Increased blood flow and energy levels.
- Reduced physical tension and stress.

QUICK EXERCISE/ACTIVITY

Desk Shoulder Stretch

Take a few minutes to reflect on your strengths and past successes.

- 1 Sit or stand comfortably at your desk.
- 2 Raise your right arm, bend it at the elbow and bring your right hand down your upper back.
- 3 With your left hand, gently push on your right elbow.
- 4 Hold for 15-30 seconds, feeling the stretch in your right shoulder.
- 5 Repeat on the other side.

Seated Forward Fold

- 1 Sit on the edge of your chair with your feet flat on the floor.
- 2 Hinge at your hips, reaching forward with both hands towards the floor.
- 3 Allow your chest to come forward and your head to hang.
- 4 Hold for 15-30 seconds, feeling the stretch in your lower back and hamstrings.

Additional Exercises

- Neck stretches, wrist circles and seated spinal twists can also be done discreetly at your desk.
- Consider incorporating a standing desk or using a stability ball to engage your core muscles.

Tips for Incorporation

- Schedule short stretching breaks throughout the day, especially during longer work sessions.
- Start or end team meetings with some brief stretching.
- Combine stretching exercises with deep breathing to enhance relaxation.

Additional Resources

YouTube is a wealth of information for quick stretching and relaxation exercises. Feel free to do your own search or check out:

- [Yoga with Adriene](#)
- [Sarah Beth Yoga](#)
- [High Desert Yogi](#)



CONCLUSION

Taking a few minutes for stretching and relaxation can do wonders for your physical well-being and mental focus. Make these exercises part of your routine to boost your energy and maintain a healthy balance during your busy workday.