12 Days of Stress Managament
From Healthy Workplace

A MOMENT FOR MOVEMENT

A 10 MINUTE DESK STRETCH ROUTINE

SHOULDER ROLLS

- Sit tall with head and neck in a neutral position.
- Slowy roll shoulders up back and down.
- Repeat in a smooth circular motion 15 times.

NECK SIDE STRETCH

- Sit tall with shoulders relaxed.
- Gently tilt one ear towards the same shoulder (pull lightly with your hand for a deeper stretch).
- Hold for 30 seconds.
- Repeat on the other side.

OVERHEAD REACH

- Reach arms above head.
- Interlace fingers and turn palms towards the ceiling.
- Take deep breaths and try to lenghten your spine.
- Reach upwards, then to your left and right.
- Hold each position for 30 seconds.

SEATED FIGURE FOUR

- Place one ankle over the opposite knee.
- Maintain a neutral spine.
- Lean forward untill you feel a stretch in your glute or hip.
- Hold for 30 seconds .
- Repeat on the other leg.



SEATED HAMSTRING STRETCH

- Extend one leg with your heel resting on the floor.
- Keep your back straight and toes pointed upwards.
- Hinge forwad at your hips.
- Hold this position for 30 seconds.
- Repeat on the other leg.

SEATED FORWARD FOLD

- Sit towards to edge of your seat with feet flat on the floor.
- Hinge forward at the hips and reach your arms towards your feet.
- Relax your neck and allow your upper body to soften.
- Hold this position for 30 seconds.

FOREARM STRETCH

- Extend one arm straight in front of you with your palm facing up.
- Use your opposite hand to gently pull your fingers downwards.
- Keep your elbow as straight as possible.
- Hold for 30 seconds.
- Repeat on the other arm.

SEATED SPINAL ROTATION

- Sit tall with feet firmly planted on the floor.
- Rotate your upper body to one side with your head looking over your shoulder.
- Use the chair for support.
- Hold for 30 seconds.
- Repeat on the other side.

AS YOU MOVE THROUGH THE STRETCHES FOCUS ON TAKING CALM DEEP BREATHS.
REMEBER, THIS TIME IS FOR YOU, SO MODIFY AS NEEDED!