



CPOST

ON-THE-JOB-TRAINING

BET
11056250



STRESS RELIEVING STRETCHES

SITTING-UP STRAIGHT MOVES :

- ▶ **BREATHE:** Inhale through your nose and exhale through your mouth (3 sets of 10).
- ▶ **SHOULDER AND NECK STRETCH:** Place both hands behind your head at the base of your neck and interlock your fingers. Tilt your head toward the floor and press your shoulder blades together (hold for 10 seconds, release and repeat 3 times).
- ▶ **ARM STRETCHES:** Interlock your fingers and stretch your arms straight out in front of you. Rotate your wrists so your palms face away from your body. Hold for 10 seconds, raise your arms over your head, hold for 10 seconds (repeat 3 times).
- ▶ **LEG STRETCHES:** Raise one leg and straighten it in front of you. Hold for 10 seconds and rotate your ankle to the left and then to the right (repeat 5 times with each leg).
- ▶ **LOWER BACK STRETCHES:** lean forward and try to grab your ankles with both hands. Feel the stretch in your lower back (hold for 10 seconds and repeat 3 times).

Breathe

Shoulder and Neck Stretches

Arm Stretches



Lower Back

Leg Stretches

ADVANTAGES OF STRETCHES:

- ▶ Strengthen muscles and joints
- ▶ **Release stress and tension**
- ▶ Improve your work performance
- ▶ **Boost mood and energy levels**
- ▶ Relieve and reduce headaches and neck pain
- ▶ **Increase endurance**
- ▶ Promote good circulation

SURVIVING RED-ALERT EMERGENCIES : Inhale and feel your abdomen expand. Go as slowly as possible, counting 1-2-3. Observe the turn of your breath and breathe it out 1-2-3. Whether you do this for one minute or five, it's going to bring you to a calmer place.

COMBATING WORST-CASE-SCENARIO ANXIETY: The more you practice coming back to the present, the less anxious you'll feel. For example, when washing dishes, instead of letting my mind wander to all the worries, try to show up and pay attention to sensations of the task- the water, the heat, the plate in your hand.

LETTING GO OF WORK TENSION: Clench the muscles in your forehead and face as you take a breath and hold it for a moment. As you release tension, exhale fully and relax. Work your way down your body, repeat the process. The tightening and releasing is a physical cue to the body to let stress go.

COPING WITH CHRONIC STRESS: Simply walking away from stressors for a few minutes can be one of the best practices for learning to handle daily pressure.

SOURCES:

www.zenfullydelicious.com/5-stress-relieving-stretches

www.oprah.com/spirit/Stress-Relieving-Workouts-Calming-Stretches