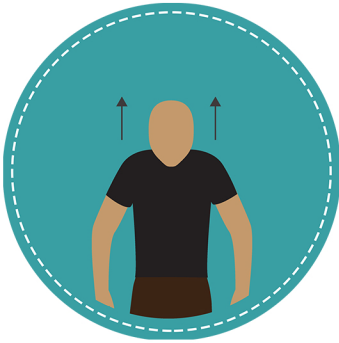


Healthy Office Activities



SHOULDER SHRUGS

Lift your shoulders towards your ears until you feel slight tension in your neck and shoulders.

Hold this for 3 seconds.

Relax your shoulders.



SHOULDER ROLLS

Slowly roll your shoulders backward five times in a circular motion.

Next, roll your shoulders forward five times.



OVERHEAD STRETCH

Extend your arms overhead and stretch for 10 seconds.

Bring one arm down and hold the chair's seat.

Take your upraised arm and stretch towards the opposite side. Hold for 10 seconds.

Switch arms and stretch towards the opposite side.

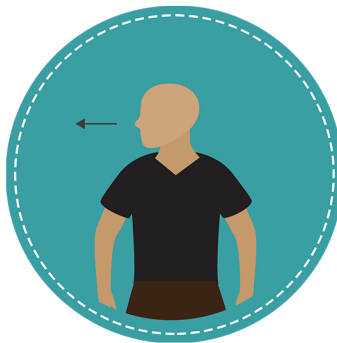


CHIN TUCK

Lower your chin to your chest.

Hold for 10 seconds.

Relax and slowly return your head to its normal position.



HEAD TURNS

Turn your head to one side while keeping your shoulders straight.

Hold for 10 seconds.

Relax and then turn to the opposite side.

Hold for 10 seconds.

Relax and return your head to its normal position.



SIDE NECK STRETCH

Keep your shoulders relaxed and slowly tilt your head so you are moving your ear toward your shoulder.

Hold for 10 seconds.

Relax and slowly return to the starting position.

Now repeat the same thing for the opposite side.

Healthy Office Activities



THE SHAKE

Shake out your hands gently in front of you like you are trying to dry them.

Do this for 10 seconds.



YOGA PRAYER

Place the palms of your hands together in front of your chest just below your chin.

Slowly lower your hands towards your waistline until you feel a mild stretch under your forearms.

Hold for 10 seconds.

Release the pose and return your arms back to normal.



BELLY BREATHING

Put one hand on your belly just below your ribs and take a deep breath in through your nose.

Notice that your chest shouldn't move, but your belly will push your hand out.

Purse your lips like you are whistling and exhale through your mouth and you will feel your belly go in.



EQUAL BREATHING

Slowly inhale through your nose to a count of four.

Hold for one second.

Slowly exhale through your mouth to a count of four.

Healthy Tips



Take Your Lunch Break

You get the nutrition you need, which will lift your mood.



Smile, Laugh & Let It Out

It can help talking to someone about a stressful situation.



Organize

Organizing gives you a sense of control and lessens your stress level.



Take a Health Break

Change your normal breaks into health breaks.