

STRESS!!! MANAGEMENT AND RELIEF

TEN MINUTE STRETCH BREAK

Doing these quick and simple stretches can re-energize your body and relieve tension. Try these especially when you've been sitting at a desk or in front of a computer for a long time. Take it at your own pace – STOP if it hurts, even a little. And remember to breathe!

Neck Roll: Close your eyes and drop your head to your chest. Slowly roll your head around while keeping your shoulders relaxed. Do 3-5 circles in each direction.

Arm Stretch 1: Clasp your hands behind your back and lift your arms up as far as they can comfortably go. Hold for 30-45 seconds.

Arm Stretch 2: Clasp your hands in front of your shoulders, palms facing out. Lift your arms slowly until they are above your head. Hold for 30-45 seconds.

Eagle Arms: Hold your arms out straight in front of you. Cross the right over the left. Clasp hands if you can; if not, put the backs of your hands together. Bend your elbows, drawing your hands closer to your body. Gently lift your elbows while pulling your shoulders down. Repeat with the left arm on top.

Wrist Stretch: Stand in front of a desk, and place your hands so that your fingers are on the edge, and your palms face the back. Gently press the palms of your hands into the table.

Cat-Cow: Kneel on all fours on the floor. Gently curve your back by pulling your stomach up towards your belly button. Then reverse the arch by pulling your chest up and pushing your belly button towards the floor. Repeat 5 times.

Head to Chair Leg Stretch: Sit comfortably in front of a chair and rest your head on the seat. Feel the stretch on the back of your legs. Hold for 30-45 seconds.

One Minute Breathing Break

As you inhale, smell the roses; as you exhale, blow out the candles. Repeat this slowly for 1-5 minutes.

The Five Minute Rule

This is great to use if you're having trouble starting a project. Instead of telling yourself, "I have to write this whole paper today," start with five minutes. Make a pact with yourself that you only need to work on a project for five minutes. If you feel like continuing at the end of the 5 minutes, go ahead!

Replace Negative Thoughts

Become aware of the messages you're telling yourself. Change words or phrases to reduce internalized pressure or self-doubt. Imagine success. Take one thing at a time.
