

Desk Stretches



Regular stretching keeps your blood moving and muscles warm. Practise these six stretches daily at your desk, to prevent aches and pains whilst at work.



Side Bend

Place both hands on your left shoulder, take a deep breath in through your nose. Gently guide your right ear towards your right shoulder and exhale, stop when you feel a stretch along the left side of your neck. Return to neutral and repeat on the other side. -Reduces tension along the side of the neck and upper shoulder.



Flexion

Sitting or standing place feet hip width apart. Clasp hands behind head and take a deep breath in through the nose, gently guide head down, bringing chin towards chest-exhale and hold for 5 seconds. Stop when you feel a stretch in the back of your neck. Repeat on the other side. Reduces tension along the back of the neck.



Shoulder Stretch

Start standing tall, fingers interlocked behind you lower back. Keeping your back straight and shoulder blades together, push your arms up until you feel the stretch in your pecs. -Reduces tension in the pecs which helps to reduce tension in the upper back.



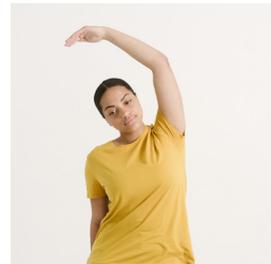
Seated Twist

Cross your legs or place both knees together, place your left hand on your right knee and your right hand on the back of the chair. Take a deep breath in through your nose and gently turn and look over your right shoulder-exhale. Take another deep breath in and twist round a little more, breathing out. Repeat on the other side-Reduces tension in the lower back.



Arms Above Head

Sit or stand with your feet hip width apart, reach both arms over your head and clasp your fingers together. Turn up your palms and raise your arms upward, take a deep breath in and as you exhale pull upwards, hold for 10 seconds. Reduces tension along the side of your body.



Side Stretch

With your right hand hold the side of your chair, take a deep breath in and place your left hand over your head stretch across and tilt your head slightly, exhale hold and count to 5, repeat on the other side. Reduces tension along the side of the body.

Aftercare Tips

Aftercare and tips to help support you mental and physical wellbeing.

Mind & Body

Simple tips to support your immunity and muscles.

1. Drink lots of water.
2. Alternate your tea and coffee with immunity boosting herbal teas-Ginger, Echinacea, Elderflower, Rosehip.
3. Do your stretches every hour at your desk.
4. Self-massage at least every other day, do not put a lot of pressure on joints or injuries.
5. To help ease tension, soak in a hot bath with Epsom salts a few drops of essential oils - eucalyptus and lavender to help detox the muscles.
6. Use a hot water bottle to warm up tight muscles.

Boundaries & Routine

Designate a separate area for your workspace, and stick to keeping this area exclusively for work.

Communicate openly with your colleagues about your home circumstances, to get support with working from home.

Keep a schedule of your day with regular break intervals, make sure everyone in your household is aware of your timetable - keep a shared house calendar.

Create an end of day ritual, whether it is finishing a chapter of your favourite book, exercising, listening to some music, a scheduled call with a friend. Make it an activity you enjoy to encourage you to stop working at a certain time and unwind.

Keep Talking & Ask for Help

It is important to talk about we feel, holding things in can have a negative effect on our mental well-being.

Keep sharing how you feel with friends, family and or organisations that can support you. Speaking about our feelings helps us to be more compassionate to ourselves.

Keep an emotion journal record your feelings over several days or weeks and then notice patterns. This enables you to recognise trends, you can work to eliminate or avoid certain triggers — or focus your energy on how best to respond next time.

"Today I felt..... because.... how do I feel about it now?"

Be Mindful & Breathe

Our breath is a powerful tool to ease stress and anxiety. Simple breathing exercises can make a big difference in managing your well-being throughout the day.

If you have worked with our mindfulness teacher use the exercises taught daily, alternatively research these breathing exercises. Find the one that best suits you and use it throughout your day to help calm your nervous system and bring a sense of peace to your day.

Breathing Exercises:

1. Deep Breathing
2. Equal Breathing
3. Breath Focus

For more helpful tips and tricks to support your wellbeing follow us at:



@workspa



Grace Graham



WorkSpa

workspa.co.uk

+44 (0)20 8558 0945

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"I am the master of my fate
the captain of my soul."

- Ernest Henley