

LIFT SPIRITS, SOOTHE PAIN

Try these low-impact activities to relieve stress, boost your mood, and improve flexibility to help achieve Whole Health.



DEEP BREATHING

- While standing or in an otherwise relaxed position, place one hand on the abdomen and one on the chest.
- Inhale slowly through the nose.
- Hold for 4 seconds.
- Exhale slowly through the mouth.
- Repeat.

Source: National Institutes of Health, <https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/exercises.aspx>



DANCE

- Stage a dance party.
- Put on your favorite music.
- Dance like no one is watching.
- Invite the other members of your household to join in!

Source: <https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf>



PRACTICE YOGA

Yoga may help relieve low-back and neck pain, and may help people with chronic conditions manage symptoms and improve quality of life.

Try bridge pose to strengthen your lower back.

- Lie on your back with both knees bent and your feet flat on the floor.
- With arms lying at your sides, tighten stomach muscles, squeeze buttocks, and slowly raise your hips into the air. Hold for 5 seconds and then slowly bring the buttocks back to the floor.
- Repeat 20 times.

Sources: <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>
<https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/exercises.aspx>