

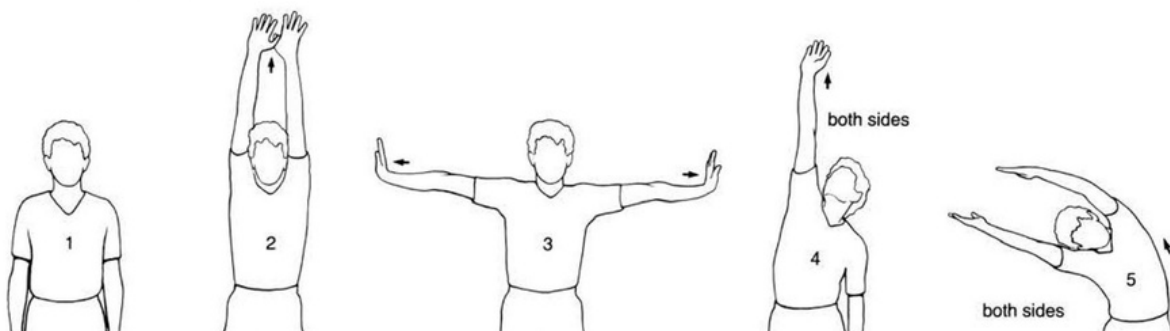
MINDFUL STRETCHING

Sequence

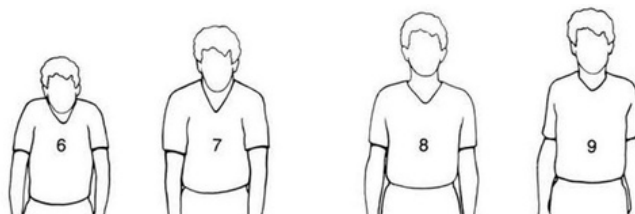
Mindful movement is one effective way to strengthen your mind-body connection, listen to the wisdom of your body, and help your nervous system shift in the direction of greater calm.

There's no one right way to move! You can try the following simple sequences while sitting at your desk or standing. You can also guide yourself in any mindful movement that will help you decompress and bring a sense of calm into your body (sometimes a short walk is great, too).

Torso, wrist, and side-body stretches



Shoulder rolls (forward and backwards)



Neck rolls (to the left, then to the right - no need to do full circles unless that feels good for you)

