

MoveWell® STRESS BUSTERS DAILY SIX



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1



Standing Half Moon

Stand with feet shoulder width apart and toes pointing straight ahead. Grab your L wrist with your R hand. Inhale deeply, then bend to the right as you exhale. Your weight should shift to your L leg slightly. Take 5 deep breaths. Repeat to the other side.

2



Standing Rotational Pec Stretch

Stand with feet hip width apart and toes pointing straight ahead. Reach behind you with your right arm and grab a stationary object at shoulder height. Gently turn your body to the left until you find a stretch in your right chest area. Hold this position for 5 deep breaths or 30 seconds. Repeat with the left arm.

3



Wall Swimming

Stand 6" from a wall with feet shoulder width apart and toes pointed straight ahead. Place your hands on the wall in the 10 and 2 o'clock positions. Slowly pull one hand off the wall and then place it back on the wall. Alternate lifting the R and L hands. Perform 3 x 12-15 repetitions.

4



Table Stretch

Stand approximately 3 feet from a countertop or table with feet shoulder width apart and toes pointed straight ahead. Place your hands on the countertop as you hinge forward at your hips. Take 5 deep breaths as you relax into this pose.

5



Seated Hip Flexor Stretch

Sit one buttock on the edge of a chair with the foot forward while the other leg is behind you. Take 5 deep breaths. Feel a stretch in the front of your rear leg as you sit up tall. Raise your arm over your head as you bend away from the rear leg for 6 repetitions. Turn your body towards the front leg x 6 repetitions.

6



Rhythm Tapping

Tap your hands to a tune. Rhythm tapping has proven to relieve stress. Try tapping out "Pop Goes the Weasel" for a quick stress reliever. If you have a few more minutes, tap to the rhythm of an entire song on the radio. Repeat as necessary or until your boss asks you to stop.