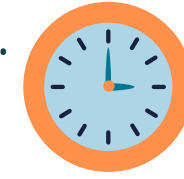


Movement and Mindfulness Breaks

Changes to the way we are delivering services means that many **Health Care Workers** are now finding themselves sitting at a desk for extended periods of time. Taking time for movement and mindfulness can improve workflow and productivity as well as be an effective way to reduce stress. You can repeat the following exercises anytime throughout your work day.



Seated Tension Release



STEP 1: Seated Side Stretch

- Sit tall with feet flat on the floor
- Interlace hands overhead
- On an exhale reach over to the right; on an inhale return to centre
- Repeat to the left side
- Repeat both sides again, holding for 2-3 breaths on each side

STEP 2: Seated Twist

- Sit tall with feet flat on the floor
- Inhale, then exhale and twist to the right
- Use hands for support (on chair back or legs)
- Hold for 2-3 breaths
- Repeat on the left side



STEP 3: Seated Chest Opener

- Sit tall with feet flat on the floor
- Open arms into a goal-post shape
- Breathe here, or to go deeper draw the shoulder blades together
- Hold for 2-3 breaths

STEP 4: Take a Mindful Minute

- Find a comfortable position in your chair and close your eyes
- Take a deep **breath** in and gently let it go
- Bring your awareness to your body and tune into the sensations of the breath
- Rest your attention on the breath as it flows in and out
- Continue in this way, thinking about the feeling of the breath wherever it arises in the body
- When you feel ready, open your eyes and carry this **mindfulness** into the rest of your day

