StressBreaks

For 15 minutes learn how to reduce stress at work through Desk Exercises.

Start by taking off your shoes. Begin with a simple deep breathing exercise to help you become conscious of your breathing during the stretches and exercises. While doing the strengthening exercises remember to exhale out during the hardest points of exertion.

Lower Back Fold: Sit up straight with feet planted on floor. Extend your arms in front of you, then lift arms slowly straight over your head as you inhale deeply. As you exhale, let your arms, head and shoulders curl down and dangle toward the floor. Curl back upward, slowly and gently, stretching the spine.

Sit And Reach: Interlock your fingers, turn your palms outward and extend your arms away from your body as far as you can. Turn your shoulders to the right, then center, then left.

Relax And Roll: Relax your shoulders and let your head roll forward. Slowly rotate your head to the right then to the left.

The “Apple Picker”: Perform this exercise slowly and smoothly stretching one arm as high as you can, as if you were trying to pick an apple from a tree. Then alternate.

Wrist Assist: Rest your right forearm on a table’s edge grasping the fingers with the left hand. Gently bend back the wrist. Hold for five seconds then repeat with the other hand.

Writing the Alphabet: Sit in a chair, and rotate one foot to “write” the alphabet. Switch feet and repeat.

Seated Waist Twist: Sit on the end of your chair & place your hands on your shoulders. Tighten your abdominal muscles, and slowly twist at the waist from one side to the other, keeping your back straight and head up.

Quad Strengthener: While seated, extend one leg out in front of you. Hold for about 20 to 30 seconds breathing regularly. Repeat with other leg.

Standing Push-ups: Stand one foot away from the wall facing it. Keep your feet shoulder-width apart. Rest your palms on the wall at shoulder height. Bend your elbows and lean toward the wall as far as possible without touching your forearms to the wall. Push yourself back to starting position.

For more information:
Call the Emory Wellness center at (404) 727- WELL

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