

Everyday Stretches

In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular rigor mortis sets in. If you can set aside a few minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.

Stretches

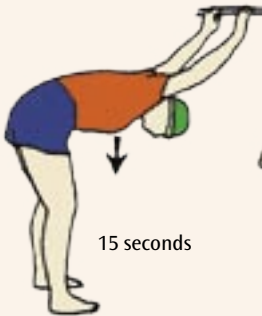
Use these stretches to fine-tune your muscles. This routine emphasizes stretching and relaxing the muscles most frequently used during normal day to day activities. They can easily be done at work or home.



5 times
each direction



10 seconds



15 seconds



25 seconds
each leg



10 seconds
each arm

HelpPeopleSM
Employee Assistance Program

Deep Breathing Exercise

The following description provides instructions for deep breathing. The goal of relaxation is to change the physical response of the body through your own conscious effort. You are the determining factor in how effectively relaxation works for you.

Take a comfortable position, keeping your spine as straight as possible, feet flat on the floor, with arms and hands resting gently in your lap. You may want your head supported by resting the back of it against a wall or flat surface. It may be helpful to gently close your eyes to allow for better concentration.

Now, bring your attention to your breath. Simply follow the breath in and out of your body. Just observe it for a few moments without trying to change it.

Remember, do not force deep breathing, but gradually allow the breath to come from the diaphragm. Now, we will breathe together to the count of four. We will inhale to the count of four and exhale to the count of four. I will count out loud with you for three complete breaths; then, you will continue on your own. Ready ... begin ...

Inhale 1234

Exhale 1234

Inhale 1234

Exhale 1234

Inhale 1234

Exhale 1234

Now, continue breathing to the count of four on your own for a few moments. Remember to breathe quietly through the nostrils and to have the inhalation equal the exhalation without any pauses.

HelpPeopleSM Employee Assistance Program

- A free, confidential service offered by your employer
- For employees and immediate family members
- Services throughout the country

Office hours: 8:30 to 5:00 pm weekdays

1-800-777-6110 or
315-470-7447

(call anytime)

email: helppeople@crouse.org

www.crouse.org/helppeople