STRESS REDUCTION AT WORK
ALOHA!
SITTING IS THE NEW SMOKING

- Increases risk for Heart Disease, Diabetes, Cancer, Obesity

- Slouched position reduces normal spinal curves (and therefore strength) possibly leading to increased spinal compression, pain, and decreased nerve and blood flow

- Can limit vital lung capacity by 30%

- Hinders digestion and nutrient absorption due to decreased blood flow to abdominal cavity

- Contributes to muscle weakness and imbalance, setting the stage for pain and injuries throughout the body.

- Linked to Headaches, TMJ, Carpal Tunnel Syndrome, Eye Strain
JANDA’S DOUBLE CROSSED SYNDROME

Contributing to many of the problems related to sitting including:

- Tech Neck -
- Numb Bum -
(aka Gluteal Amnesia)
MOVE MORE
POSTURAL AWARENESS
DEEP BREATHING
BENEFITS OF DEEP BREATHING

- Detoxifies and releases toxins
- Release tension
- Relaxes mind and body, brings clarity
- Strengthens immune system
- Improves posture
- Increases digestion and assimilation of food
- Improves nervous system, activates relaxation response to initiate healing and recovery
- Strengthens the lungs and heart
- Boosts energy levels and improves stamina
- Improves cellular regeneration
- Brightens mood and outlook
- Decreases neck and shoulder tension
BREATHING TECHNIQUES YOU CAN DO ANYWHERE!

• Belly Breathing (sending breath into abdomen)

• Breath Counting (use fingers, start over when you noticing you are thinking/distracted)

• 1:2 Breath (Exhale is twice the length of the inhale)
ANTI-GRAVITY POSTURE BREAK

Will re-set your posture, help you sit or stand taller and help you feel more alert instantly!

To do: Sit or Stand tall, reach arms out to your sides with thumbs up, engage belly and lift your chest and look up…..take deep belly breaths and hold for 30 seconds or at least 10 deep breaths.

Repeat the stretch once an hour to stretch chest and shoulder muscles, encourage full movement of your diaphragm and counter the effects of gravity and poor posture.
YOGA AT YOUR DESK

• Always stay in your pain free range of motion
• Move slowly, start small
• Sit or stand tall
• BREATHE DEEPLY!
NEUTRAL SPINE:

- Come to the edge of your seat
- Feet flat on the floor
- Root down through your sit bones, lift and lengthen upwards with your chest and the top of your head
- Close your eyes and take 5 deep breaths into your belly
- BENEFITS: Realigns spine to neutral, relaxes eye muscles, improves core strength, oxygenates body to increase energy and focus

CAT/COW:

- Come to the edge of your seat, feet flat on the floor
- Exhale and allow your back to round and chin to drop towards your chest as your head drops
- Inhale and allow your belly to relax and as you lift your chest, roll your shoulders back and look upwards
- BENEFITS: Relaxes tension in back muscles, invigorates abdominals, lubricates spine, improves posture
- Repeat 10–20 times
SIDE STRETCH:

- Come to the edge of your seat, feet flat on the floor
- Find neutral spine and lengthen upwards
- Lift one arm upwards and reach over towards the opposite side of the room
- Let other arm relax towards the floor or keep hand on chair for support
- Stay for at least 5 deep breaths, repeat on the other side.
- BENEFITS: Stretches the sides of the body and back, realigns spine, stimulates adrenal glands

TWIST:

- Come to the edge of your seat, feet flat on the floor
- Find neutral spine and lengthen upwards as you inhale
- As you exhale twist towards one side of the room and reach your arm across your body
- Let other arm relax behind you
- Stay for at least 5 deep breaths, repeat on the other side.
- BENEFITS: Realigns spine, stimulates adrenal glands to give you an energy boost, lubricates and nourishes spine
FORWARD FOLD:
- Come to the edge of your seat, feet flat on the floor
- Allow yourself to fold in half letting your belly rest on your legs and your head drop
- Let your arms relax towards the floor or interlace your hands behind your back and reach knuckles up
- Stay for at least 10 deep breaths, directing your breath into the back of your body
- BENEFITS: Relaxes back muscles, calming for nervous system, draws focus inwards when you feel scattered

SHOULDER CIRCLES:
- Come to the edge of your seat, feet flat on the floor, find your neutral spine and lengthen upwards
- Bend your elbows and place your hands on your shoulders
- Slowly start to circle elbows towards each other and out to the side *Start small, enlarging gradually
- Do 10–20 in each direction. Breath deeply
- BENEFITS: Strengthens and stretches muscles on all sides of the shoulders
UPPER BACK STRENGTHENER AND CHEST STRETCH:

- Come to the edge of your seat, feet flat on the floor, find your neutral spine and lengthen upwards
- Start with your elbows at shoulder height (from last exercise), take a deep breath in
- As you exhale pull your shoulders down and back as you pull your elbows down. Lift your chest and look up
- Inhale and return to start position looking forward, repeat 10 times
- BENEFITS: Stretches chest and arm muscles, strengthens upper back and neck muscles (helps head to return to neutral alignment).

UPPER BACK AND SHOULDER STRETCH:

- Stand in the neutral spine position
- Reach both arms out to the sides
- Bend elbows and place your hands on the opposite shoulder (as if giving yourself a hug)
- Tuck your chin in and let your head relax down as you lift elbows up and forward
- Stay for at least 10 breaths and then repeat with other arm on top
- BENEFITS: Stretches muscles of upper back, shoulders and neck (helps return head to neutral alignment)
NECK AND CHEST STRETCH:
♦ Come to the edge of your seat, feet flat on the floor, find your neutral spine and lengthen upwards
♦ Stretch one arm out to the side with palm facing forward
♦ Slowly let your head fall to the other side
♦ Turn head slightly, bringing your chin down as you lengthen your arm and reach through your fingers
♦ BENEFITS: Releases neck and shoulder tension, stretches chest and arm muscles (help head to return to neutral alignment)

WRIST CIRCLES:
♦ Come to the edge of your seat, feet flat on the floor, find your neutral spine and lengthen upwards
♦ Stretch your arms out in front of you and make a soft fist
♦ Keep shoulders relaxed and begin to circle wrists in one direction 10 times, then 10 times in other direction
♦ Keep shoulders, eyes and jaw relaxed
♦ BENEFITS: Stretches muscles on front and back of forearm, keeps carpal tunnel open and relaxes tension from computer work
BONUS CORE EXERCISES TO DO DAILY:

COBRA:

- Lay down on your belly, lengthen your legs back and place your arms to the side in a T position
- Exhale fully to lift and engage your lower belly, Lift your chest and head away from the floor, keep chin tucked
- Inhale to lengthen your whole body from toes to head
- As you exhale sweep your arms closer to your sides, inhale sweep back to T position. Repeat 10-15 times
- To make it more challenging lift your thighs away from the floor.
- Come down and relax, do 3 more rounds
- BENEFITS: Strengthens the muscles on the back of your body, while stretching the front of your body. Improves your posture, stimulates adrenal glands

BRIDGE:

- Lay on your back with your knees bent and feet on the floor
- Inhale to lift your hips up as you push down into your feet
- Roll your shoulder under and bring your hands closer together, possibly interlacing your fingers
- Keep your head still and focusing on pressing your thighs and hips upwards by squeezing your butt
- Focus on keeping your breath even and steady, stay for 20 seconds, adding more time until you can hold it for 2 minutes
- BENEFITS: Strengthens your core muscles (front and back side), stretches the front side of your body, stimulates endocrine system for hormonal balance
ACUPRESSURE POINTS FOR HEADACHES AND STRESS REDUCTION

- Massage each point for 30 seconds each
- Take long, slow, deep breaths
- Stop if it causes any pain
YIN TANG POINT

• Located in center of forehead between eyebrows

• Gently squeeze point with thumb and pointer finger
ZAN ZHU POINTS

- Found just inside eyebrow bone, where there is a small ridge in the bone
- Massage with thumbs in slow circular movements
- Also reduces sinus congestion and improves vision
YING XIANG POINTS

• Found on small ridge on bone on either side of nostrils, just above lips

• Lines up with previous points on eyebrows

• Massage gently to open sinuses, reduce stress and headaches
TIAN ZHU POINTS

• Located on the back of the head at the center of the neck

• Massage with a firm and steady pressure

• Lowers stress levels, improves insomnia, softens neck and shoulder tension to reduce headaches
HE GU POINTS

- Located at the highest point of the webbing between thumb and pointer finger
- Press the point with thumb and pointer finger of other hand
- Massage with a firm, steady pressure
- Reduces neck and shoulder pain as well as headaches. Also known to reduce nausea

HE GU POINTS
QUESTIONS?
PERSONAL POSTURAL PRESCRIPTION

• Private 30 minute session, can be done on your lunch break

• Use of Postural Zone App to give accurate postural analysis through photos

• Personalized exercise and stretch prescription to help you look, move and feel better right away!

• $45, plus tax
THANK YOU SO MUCH FOR HAVING ME!