

# Take A Self-Care Break



The wellness experts at Johns Hopkins HealthCare Solutions are sharing the following exercises so you can make the most of your self-care break.

Please consult with your doctor or a physical therapist before beginning any new exercise or physical activity routine.

## Try Some Neck Stretches



- 1 Rotation Stretch:**  
Turn head to one side, hold 10 seconds and repeat on other side.

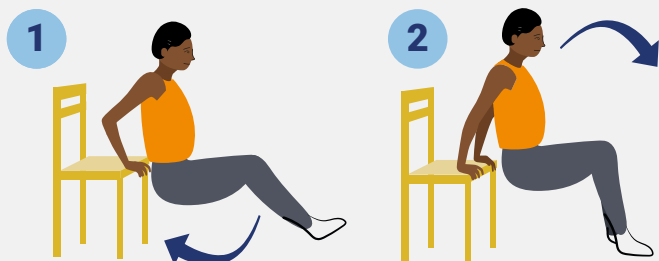


- 2 Side to Side Stretch:**  
Tilt head to one side, hold 10 seconds and repeat on the other side.



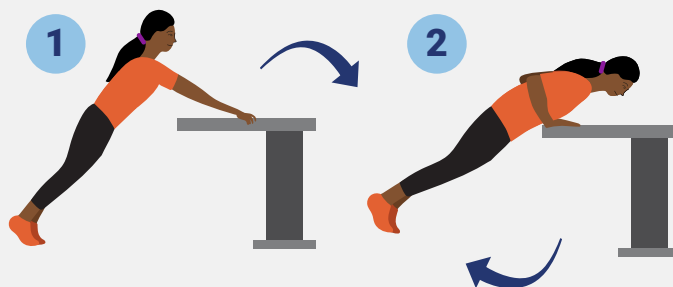
- 3 Forward Stretch:**  
Tilt head forward, hold 10 seconds and repeat 1-3 times.

## Try Some Tricep Dips



- Move Safely:**  
Lower yourself until your elbows are bent between 45 and 90 degrees. Push yourself back up slowly until your arms are almost straight, and repeat. Do three sets of 5-10 reps, with a 1 minute rest in between.

## Try Some Desk Pushups



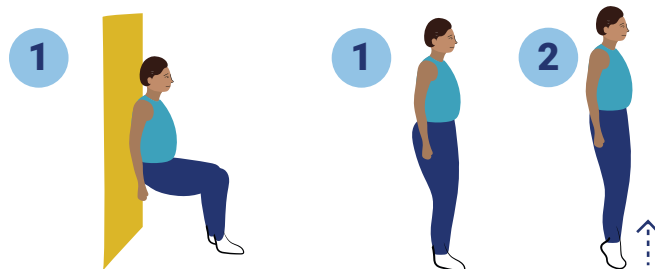
- Move Safely:**  
Place both your hands on a desk and walk your feet back to a 45-degree angle. Slowly, with your elbows close to your body, bend your elbows until they are at a 45 degree angle and then straighten. Do three sets of 5-10 reps, with a 1 minute rest in between.

## Try Some Walking Lunges



- Move Safely:**  
Stand up straight and step one leg in front of you, stopping when your leg is at a 90-degree angle. Stand up straight and repeat on the other side. Do three sets of 5-10 reps, with a 1 minute rest in between. If there is discomfort, you can always decrease your range of movement.

## Try A Wall Sit & Calf Raises



- Move Safely:**  
Stand up with your back against a wall. Slowly bend your legs until they are at a 90-degree angle, and you look as though you are sitting in a chair. Hold for 30 seconds and repeat three times, with a 1 minute rest in between.

- Move Safely:**  
Stand up straight with your feet together. Slowly raise up onto your toes, holding for about 10 seconds, then lower back down and repeat. Do 15-20 reps, resting in between.



# Chair Yoga

Follow this chair yoga sequence to help release stress or tension in your muscles and refocus on the task at hand. Breathe deeply throughout the sequence, holding each pose for about 5-10 seconds, or however long feels comfortable.



## Seated Cat-Cow

Begin seated in a chair. Move to "cow" pose by inhaling, moving your head upward, curving your lower back and tilting your pelvis up. Exhale and move to "cat" pose by bringing your abdomen in, arching your spine and bringing your head down.



## Seated Chair

Raise your hands above your head and breathe deeply.



## Extended Side Angle (R)

Sitting with your legs together, twist your upper body to the right and bend down so that your left hand is reaching to the ground (or knee) and your right hand is in the air. Keep your shoulders even and your chest up. You may bend your elbow if there is any discomfort in your neck or shoulder.



## Seated Chair

Raise your hands above your head and breathe deeply.



## Extended Side Angle (L)

Sitting with your legs together, twist your upper body to the left and bend down so that your right hand is reaching to the ground (or knee) and your left hand is in the air. Keep your shoulders even and your chest up. You may bend your elbow if there is any discomfort in your neck or shoulder.



## Seated Pigeon (R)

Bend your right leg and rest it on the top of your left thigh.



## Eagle (R)

Bring your arms together, raised in front of your face so your elbows are at a 90-degree angle. Slowly cross your right arm over the front of your left, and wrap your wrists or forearms until both of your hands are in contact. If you want to take it to the final step, aim to have your palms facing each other.



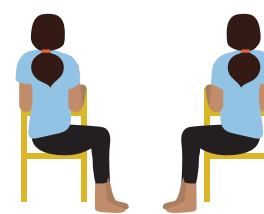
## Seated Pigeon (L)

Bend your left leg and rest it on the top of your right thigh.



## Eagle (L)

Bring your arms together, raised in front of your face so your elbows are at a 90-degree angle. Slowly cross your left arm over the front of your right, and wrap your wrists or forearms until both of your hands are in contact. If you want to take it to the final step, aim to have your palms facing each other.



## Spinal Twist (R & L)

Slowly twist to one side and then the other.



### Sources:

Johns Hopkins Medicine

Launch Workplaces <https://launchworkplaces.com/5-exercises-you-can-do-from-your-desk/>



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