

Stretching at your Desk

NC Positive Charge Initiative ★ www.NCcommunityAIDSfund.org

Resources for Access Coordinators – Self-Care

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Take a few minutes to breathe deeply and stretch to relieve your stress and tension.

Shoulder Rolls: In order to do this you will need to sit upright in your chair without slouching. You will want to inhale as you lift your right shoulder to your ear. Now exhale and slowly roll your shoulders around and then back as you drop them away from your ear. After you do this with your right shoulder, you will want to repeat it with your left shoulder. Make sure to do this three times on each side. Once you have done three repetitions on each side, inhale and lift both of your shoulders up to your ears, hold them there, exhale and then release.

Neck Stretch: This is another yoga pose where you will want to sit upright properly in your chair but this time let your back touch the back of the chair. Inhale and then exhale while dropping your right ear to your right shoulder without turning your head or lifting your shoulder. Hold this pose while you take five breaths then repeat on the opposite side. Not only is this a good stretch for your neck but it is also great for your spine too.

Chair Twists: You will want to sit on the edge of your chair while you do this yoga pose. Make sure that the left side of your body faces the back of your chair and that you keep both your knees and your feet together. Once you are in this position you will want to place your hands on the back of your chair with your elbows extending out to the side. Now inhale as you straighten your spine and then use the bottom of your spine to twist towards the back of your chair. With your left hand push on the chair and with your right hand, pull on the chair. Take in a deep breath, then switch sides and repeat. This will unlock the tension that you feel after you spend a long time sitting at your desk.

Wrist Stretches: Hold up one hand in front of you like you would when saying "stop." Interlace your fingers with your other hand and pull your fingers back gently to provide a stretch to your wrist. Relax your shoulders, and hold through at least four breaths. Now, change the position of your hand so that your fingers point downward, and the back of your hand faces away from you. Take hold of the back of your hand with your other hand and pull gently toward you to stretch the back of your wrist. Hold through at least four breaths, then perform both stretches on the other hand.

Chest Stretch: Place your hands behind your back, holding a scarf, belt, or necktie in between them. Stand up tall in neutral posture, and gently squeeze your shoulder blades towards the center of your back as though trying to squeeze a pencil. Each time you exhale, raise your arms slowly behind you, going as high as 11.