

WELCOME PACK

Health & Wellbeing

Desktop Yoga

Taking five minutes out to undertake some simple exercises can really help release tension and give you a break from your workstation. Try the exercises shown in [this link](#) but, be careful, only do what feels comfortable and stop if you feel any discomfort.

Desktop Yoga

Neck

Neck Rolls



- Drop your shoulders down
- Fix shoulders and take your ear to shoulder
- Roll chin to chest and take ear to other shoulder
- Repeat moving in the other direction
- Avoid dropping head backwards

Shoulders

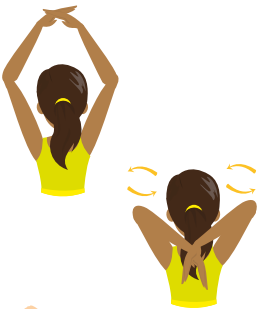
Shoulder Rolls



- Roll shoulders up towards your ears
- Roll shoulders back/squeeze shoulder blades
- Roll shoulders downwards
- Roll shoulders forwards
- Repeat 3 times backwards. Repeat 3 times forwards

Shoulder Shrugs

- Lift shoulders to ears. Squeeze tight
- Exhale, 'drop' and 'relax'
- Repeat 3 times



Back

Arm Raise

- Interlace fingers and turn hands, palm outwards
- Lift arms above head. Hold 3 breaths

Elbow Circles (Upper Back Stretch)

- Clasp back of the neck, elbows point forwards
- Scribe a gradually larger spiral with the elbow
- Keeping lower back and hips still



Side Bends

- Keep both sitting bones in contact with the chair, side bend to one side and then the other

Forward Bend (Lower Back Stretch)

- Sit on a chair, relax the body forwards and rest the chest and abdomen on thighs

Spinal Twist

- Lengthen and straighten spine
- Cross right leg over left and rotate right
- Cross left leg over right and rotate left





Hands and Wrists

Wrist rotations

- Bend thumbs into palms of hands and close fingers over them.
- Rotate fists in one direction and then the other



Hand and wrist shakes

- Open your fingers and shake hands and wrists

Legs

Calf stretch and pump

- Straighten one leg out in front
- Point toes away and stretch front of leg
- Pull back the toes, push into heel and stretch calf



Hamstring stretch

- Straighten out one leg
- Tilt pelvis forwards
- Lean forwards with chin tucked and spine straight
- Repeat on the other side

Finally, [this link](#) has simple breathing exercise which you may also find helpful.

