

# Simple Chair Stretches



**Wrist Stretch**  
Pressing fingers towards nose



**Neck Stretch**  
With option to add extra stretch with hand



**Side Stretch**  
Reaching the fingertips up & over while rooting the feet & hips



**Spinal Twist**  
Inhaling for height, exhaling for release & rotation



**Hip Opener**  
Pressing the knee towards the floor & flexing the foot



**Cat/Cow**  
Moving the sternum forward and back, moving through opening the chest (inhale) & rounding the back (exhale)



**Ragdoll Release**  
Draping the torso on the thighs, letting the head hang heavy and back of the neck be long

## Tips for stretching (and long days of sitting)

- Keep the shoulders relaxed and dropped away from the ears
- Sit up straight by reaching the crown of the head towards the ceiling
- Ground the feet and heels into the floor evenly beneath the knees
- Breathe evenly and with focus - softening the gaze helps!
- Give yourself the permission to take a few minutes of self care and refocusing. Even two minutes makes a difference!

## Wellness Reminders for the Workday

Take some deep breaths:

Bee's breath

Three-part breathing  
(Belly, chest, head)

Counting

Turn a standing  
internal meeting into  
a walking meeting.

Find an accountability  
buddy for wellness  
time.

Build in 15 minutes of  
transition time before  
and after meetings (and  
keep it sacred) for  
physical and mental  
check ins and reset.

Play music for yourself  
and others as they  
arrive to meetings and  
encourage them to  
wiggle and stretch as  
they wait. (You  
demonstrate!)

Begin staff meetings  
and one-on-ones with  
a group stretch break  
or breathing together.

### Pre-meeting meditation

When waiting for a meeting to  
begin, think about the person  
you are meeting with. Remind  
yourself of their strengths,  
their value to the organization  
and to you, and their  
communication style.

Use your phone  
ringing as a cue to  
stand up. Take all  
your calls standing.

Don't apologize for  
taking wellness time.