



Simple Stretching & Mindful Breathing Breaks for Trauma



Program by

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Part 2: Simple Stretching and Mindful Breathing for Trauma Breaks 1-10

1. Reduce Tension: Seated Cat/Cow & Feel the Breath (5 minutes)
2. Reduce Shoulder Stress: Eagle & Sun Breaths (4 minutes)
3. Grounding: Seated Twist, Side Stretch & Feel the Breath (8 minutes)
4. Breathe to Calm: “Get Unstuck Breathing” (5 minutes)
5. Reduce Shoulder Tension: Shoulder Rolls and Goal Post Breathing (5 minutes)
6. Energizing: Standing Full Body Stretch & Feel the Breath (4 minutes)
7. Energizing: Standing Stretch & Fist Breathing (6 minutes)
8. Balance and Focus: Tree Pose & Fist Breathing (6minutes)
9. Reduce Stress Anywhere: 1-Minute Breathing
10. Self-care: 10-min Guided Relaxation (mp3 and mp4 only)

Ideas on Creating a Longer Break

To Energize (depression)	To Calm (anxiety)	Calm & then Energize	Energize & then Calm
#6 and #7 (11 minutes)	#2 and #3 (12 minutes)	#3 and #6 (11 minutes)	#7 and #1 (12 minutes)
#8 and #6 (10 minutes)	#1 and #9 (7 minutes)	#1 and #7 (12 minutes)	#6 and #3 (12 minutes)
#8 and #7 (14 minutes)	#1 and #4 (11 minutes)	#8 and #7 (14 minutes) #2 and #6 (8 minutes)	#7 and #4 (12 minutes) <hr/> #6 and #8 10 minutes)
	#1 and #10 (15 minutes)	#4 and #7 (12 minutes)	#6 and #2 (8 minutes)

Breaks in 3 Formats:

- 1: Self-Care Flip Chart for Health Care Providers**
- 2: Flip Chart (6 languages) to use with Clients/Patients**
- 3: Narrated Yoga Breaks (MP4 and MP3)**

Use these breaks for self-care, with coworkers, or with clients and patients.

To make these breaks trauma-sensitive, consider using these ideas:

1. Be invitational.

“If you like,” “As you are ready,”

2. Give permission.

“Only move in a comfortable way.” “Even small movements have benefit.”

3. Participate.

Do the breaks with your clients or patients.

Being directed and then being watched can be uncomfortable and a trigger.



Questions? greentreeyoga@comcast.net or call Yael Calhoun at 801-656-7885



Simple Stretching and Mindful Breathing

Does it matter how you breathe?

Long inhalations are energizing. Long exhalations reduce stress.
Always breathe in a comfortable way.

Do people have to move a lot?

Small movements have benefit.
Finding a comfortable way to move has more benefit than pushing yourself in a stretch.

Does it matter if I use the phrasing on the flip chart?

Yes – the phrases make it trauma-sensitive.

What if you only have a minute – literally?

Even a one-minute, five-part breath with long exhalations can lower heart rate, lower blood pressure, and calm the body. Notice how giving yourself time for that break makes you feel.

Why offer the flip chart for people to do at home?

Lowering your stress levels helps people begin to heal trauma. Perhaps they can share breaks with others too. The more you practice, the more natural it feels.

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Many thanks to our yoga models: Adriana Chimaras, Rachel Grove, and Supreet Gill.

Please check with your health care provider if you have any questions about your ability to do these simple stretching breaks.





1. Reduce Tension:

Your View

1A

Seated Cat/Cow

As you breathe in, gently lift your chin and move your shoulders back.

As you breathe out, gently tuck your chin and move your shoulders forward.

Notice how the stretch feels.

Take your time with the breath.

If you like, do this 3 more times.



Translation Here

Available in

- Arabic
- Nepali
- Spanish
- Swahili
- Somali
- Kinyarwanda



(2) Fingertip Breathing



Translation Here

When you are ready, press your fingertips as if your hands are around a ball.

Always breathe in a comfortable way.

**When you breathe in, hands apart.
On a slow breath out,
fingertips press.**

If you like, do this 4 more times.

Available in

- Arabic
- Nepali
- Spanish
- Swahili
- Somali
- Kinyarwanda



6. Energizing: Side Stretch

6A

As you are ready, stand tall with your hands on your hips.

Then, lift one arm in a way that feels comfortable today.

Take 2 breaths here.

Stand tall again.

Repeat on the other side.



Translation Here

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