

# Simple Stretching & Mindful Breathing Breaks for Self-Care at Work



Program by

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# **Simple Stretching & Mindful Breathing Breaks for Self-Care at Work or at Home: One Page/One Break**

**Do one break, but if you have time, do more!**

- ~ Help reduce stress and pain
- ~ Reconnect with your body
- ~ Practice balance and build strength
- ~ Improve general wellness



- 1. Reduce Tension: Seated Cat/Cow & Feel the Breath (5:18)**
- 2. Reduce Shoulder Stress: Eagle & Sun Breaths (4:04)**
- 3. Grounding: Seated Side Stretch, Twist & Feel the Breath (7:48)**
- 4. Breathe to Calm: “Get Unstuck Breathing” (5:47)**
- 5. Reduce Shoulder Tension: Shoulder Rolls and Goal Post Breathing (5:31)**
- 6. Energizing: Standing Full Body Stretch & Feel the Breath (3:57)**
- 7. Energizing: Standing Stretch & Fist Breathing (6:52)**
- 8. Balance and Focus: Tree Pose & Fist Breathing (5:57)**
- 9. Reduce Stress Anywhere: 1-Minute Breathing (1:30)**
- 10. Self-care: 10-min Guided Relaxation (MP3 and MP4 only)**

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## Same 10 Breaks in 3 Formats:

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

### Does it matter how I breathe?

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

### Do I have to move a lot?

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

### What should I notice?

Perhaps notice which simple stretches or breathing exercises make you feel better.  
Then, if you like, later in the day when you start to feel stress or pain, do that break again.

### What if I 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 is a self-care break at work important?

Lowering your stress levels helps to keep you healthier and makes you more emotionally available for your patients/clients. The more you practice, the more natural it feels.

Questions? [greentreeyoga@comcast.net](mailto:greentreeyoga@comcast.net) or call Yael Calhoun at 801-656-7885

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.

## How to Create Longer Breaks

To Energize (depression)	To Calm (anxiety)	Calm & then Energize	Energize & then Calm
#5 and #6 (11 minutes)	#2 and #3 (12 minutes)	#3 and #5 (11 minutes)	#6 and #1 (12 minutes)
#7 and #5 (10 minutes)	#5 and #4 (11 minutes)	#5 and #6 (12 minutes)	#5 and #3 (12 minutes)
#7 and #6 (14 minutes)	#1 and #4 (11 minutes)	#7 and #6 (14 minutes)	#6 and #4 (12 minutes)
#5 and #6 (10 minutes)	#1 and #8 (7 minutes)	#2 and #5 (8 minutes)	#5 and #7 (10 minutes)
	#1 and #9 (15 minutes)	#4 and #6 (12 minutes)	#5 and #2 (8 minutes)

Please use any other combinations that meet the needs of your clients/patients.

## 4. Breathe to Calm: "Get Unstuck"

- (1) Fist Breathing
- (2) Fingertip Breathing
- (3) Feel the Breath



Long exhalations are calming.  
Long inhalations are energizing.

- Gently move one shoulder back. Then the other shoulder back.
- Eyes open or closed.
- Breathe in, strong fists.
- Breathe out, fists release

If you like, do this 4 more times.



2



Only move in a comfortable way.

- Breathe in, fingertips press.
- Breathe out, hands apart.

Take 5 breaths.

3



Always breathe in a comfortable way:

- Eyes open or closed, your choice.
- Feel the breath in.
- Feel the breath out.

Take 5 breaths.

## 7. Energizing

### (1) Side Stretch

### (2) Shake the Hands

### (3) Fist Breathing



1



Only move in a way that feels like a good stretch today.

- Lift one arm.
- Take 2 breaths and feel the stretch.

Repeat on the other side.

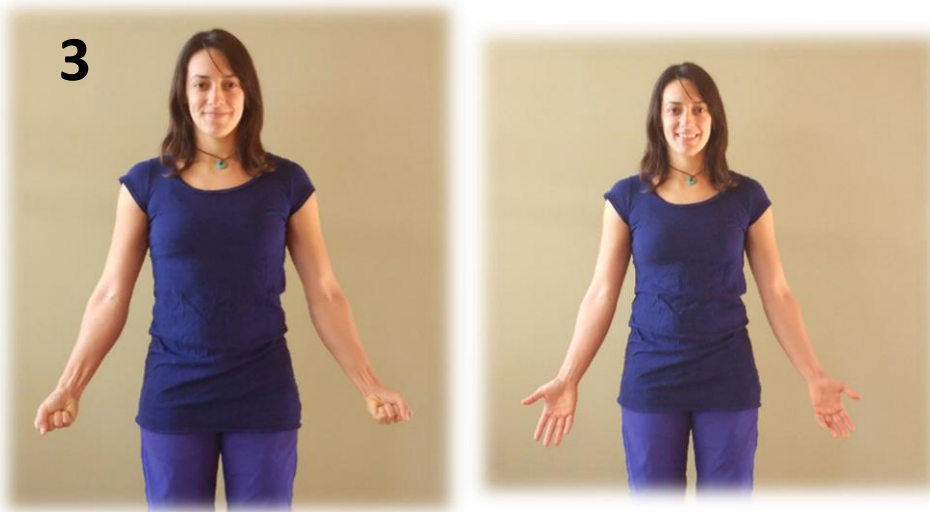
2



As you are ready:

- Gently shake out both hands.
- Shake them a little harder.
- Notice how that feels.

3



Long inhalations energize.

- Gently move one shoulder back. Other shoulder back.
  - Eyes open or closed.
  - Breathe in, strong fists.
  - Breathe out, fists release

If you like, take 5 breaths.