

Stress buster stretches

A selection of quick and easy movements to mobilise yourself, help destress and boost your day.



1. Outward stretch

Ground your feet into the floor, hip widths apart. Engage your core. Roll your shoulders up and down your back. Spread your fingers wide... Breathe...



2. Touch your toes

Reach your hands to the sky, slowly fold forwards bending at the hips. Let go of any tension in your neck, shoulders away from your ears. Bend your knees and give them a wiggle.

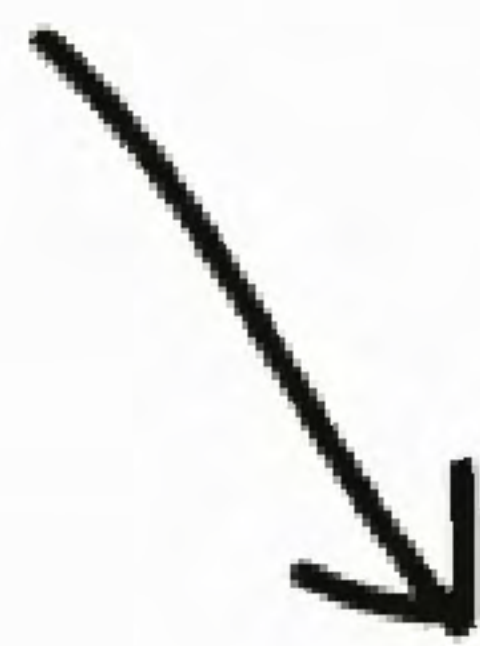


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3. Side stretch

Engage your core to support your lower back. Reach your fingers over to your left, opening the right side of your body. Switch to the other side.



4. Big hug

Spread your arms out wide as you inhale. As you exhale, wrap your arms around you into a big hug.



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5. Windmill arms

Spread your arms out wide again, keeping your feet ground into the floor. Rotate your arms forwards in circles, slowly getting larger. Switch to rotating backwards.



6. Thai chi swing

Have your feet slightly wider than your hips. Arms out wide, as you rotate round to your left, your opposite heel lifts off the floor to help you twist. Keep swinging from side to side.



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7. Hip flexor stretch

Ground your right foot into the ground, as you hug your knee into your chest. As you exhale, push your knee out to the side to open your hip, hold for 5 breaths. Switch to the other side.



8. Yogi low squat

Bring your feet back to wider than your hips, feet out to the sides. Slowly lower down into a yogi squat, with your elbows pushing your knees out to the side to open the hips. You can sway or move around to help release some tension.

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9. Eagle arms

Cross your arms at the elbows, wrapping them round until your palms touch (or as close to). Raise your palms to the sky, and bring your head down to open between the shoulder blades. Switch to the other side.



10. Smile!

And now enjoy the rest of your day!

