

Relaxation/Self-Care Supporting Information

Here is some information to support you with Relaxation and Self-Care.

The sessions are designed to support your wellbeing by showing you ways to re-connect your mind and body through gentle breathing exercises and reducing overall tension in the body through gentle strengthening and mobilisation exercises.

Movements at the desk

It is important to keep moving so that you don't stiffen up and can mobilise the joints and stretch the muscles. This can be achieved through gentle stretches, all of which can be done sitting down at your desk.

Try to get up every 30 minutes and walk around before sitting back down. If you have a busy day here are some ideas to keep moving:

- Walk and Talk Meetings-stand up and move whilst on the phone or even on a Skype/Zoom call
- Whilst making a drink move around and stretch
- Lunchtime walks-try to factor a 15/20-minute walk in every lunchtime

Here are some examples of gentle stretching and warm up seated exercises:

Chest Stretches - This stretch is good for posture.



- Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
- Gently push your chest forward and up until you feel a stretch across your chest.
- Focus your breath as per the first breathing exercise
- Hold for 5 to 10 seconds and repeat 4 times.

Upper-body twist - This stretch will develop and maintain flexibility in the upper back.



- Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- Without moving your hips, turn your upper body to the left as far as is comfortable.
- Hold for 5 seconds.
- Repeat on the right side and twice again on each side.

Arm raises - This exercise builds shoulder strength.



- Sit upright with your arms by your sides.
- With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- Return to the starting position.
- Keep your shoulders down and arms straight throughout.
- Repeat 4 times.



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Neck Rotation - This stretch is good for improving neck mobility and flexibility.



- Sit upright with your shoulders down. Look straight ahead.
- Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
- Repeat on the right.
- Do 3 rotations on each side.
- You can add in a roll where you start by looking to the side then roll your chin downwards towards the chest and roll up to the opposite side. Be careful not to tip the head back as this places pressure on the joints at the top of the C vertebra.
- This move can cause cracking/crunching sounds however there should be no pain during this movement!

Neck Stretch - This stretch is good for loosening tight neck muscles.





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- Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- Slowly tilt your head to the right while holding your shoulder down.
- Repeat on the opposite side.
- Hold each stretch for 5 seconds and repeat 2 times on each side.

Supporting Information and Links:

Breath Work

The breath is a powerful resource in the fight against stress. It increases clarity of mind and adds a sense of peace to an otherwise difficult or stressful situation. It can also help to relieve pain and the following exercise can be applied any time, any place. Try some of the following exercises to support your breathing.

Short breathing exercise for Anxiety: <https://soundcloud.com/halsawellbeing/anxiety/s-xSH6iSftMu7>

Short breathing exercise for finding Calm: <https://soundcloud.com/halsawellbeing/finding-calm/s-Germ9UodqW>

Video of gentle stretches

<https://vimeo.com/892291453/f120c2dc43?share=copy>

Relaxation Audios

Meditation: <https://soundcloud.com/halsawellbeing/guided-meditation/s-ZqZMAg19kCl>

Relaxation: <https://soundcloud.com/user-293637622/5-minute-relaxation/s-8GNZb>

Body Scan meditation: <https://soundcloud.com/halsawellbeing/body-scan/s-ljAc3oHTpAs>